

Garmin Marathon

Level I Schedule

Goal: To finish the marathon

Recommended Background: Average weekly base of 15-35 miles in the last 3 weeks
At least one 8-14 mile workout

Phase	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
Endurance	-----	O	C+R	SL	C/R/O	R	C/O	L	-----
	August 15-21		3-5	5-7	3-4	4-6		10-16	19-38
	August 22-28		3-5	5-7	3-4	4-6		12	21-34
Recovery	Aug. 29-Sept. 4		2-3	3-5R	2-3	3-4R		14-18	20-33
	September 5-11		3-6	6-8	3-5	5-7		10-14	21-40
Strength	-----	O	C+R	SL+F	C/R/O	H	C/O	L	-----
	September 12-18		3-6	6-8	3-5	5-7		16-20	27-46
Recovery	September 19-25		2-4	4-6R	2-3	3-5R		12-16	19-34
	Sept. 26 - Oct. 2		3-7	7-9	3-6	6-8		16-22	29-52
	October 3-9		3-7	7-9	3-6	6-8		14-16	27-46
Recovery	October 10-16		2-5	5-7R	2-4	4-6R		18-20	27-42
	October 17-23		3-6	6-8	3-5	5-7		12-15	23-41
Peak	-----	O	R/O	R+F	C/O	H/R	O	SL	-----
	October 24-30		3-5	5-7	3-4	4-6H		8-10	17-32
	Oct 31-November 6		2-4	4-6	2-3	3-4R		Garmin	7-17

Please note:

- Can run 3, 4, or 5 days a week. Pick up where you've left off in terms of weekly runs and mileage.
- Mileage ranges allow you to do the higher end if you feel great, the middle if you feel average, and the low end if you feel tired so you can adjust to find your 'sweet spot' given how your mind and body feel.
- Can convert your distance to time by multiplying your normal pace by each mile (i.e. 4 x 10 minute pace = 40 minutes)
- Do a couple of tune up races before the marathon to gain valuable race experience in dealing with race day nerves.
- Recovery weeks are built in to improve your chances for staying healthy and recover enough for race day.

Quick Reference Guide

Training Phases

- Endurance Phase: main goal is to slowly build up endurance. Try to limit speedwork and hills. Focus on relaxed running.
- Strength Phase: to add strength by doing one hilly course a week along with an optional fartlek workout for speed.
- Peak Phase: to allow your body to recover and peak for the target race.

Key Terms

- O = Off Day/Complete Rest/** No cross training. Active recovery such as foam rolling recommended.
- C = Cross training.** Strength training that works the glutes/hips/core is strongly recommended 1-3 times a week. Can also any non-weight bearing aerobic activities you enjoy such as aqua jogging, swimming, or spinning.
- R = Recovery Workout.** Very relaxed effort over flat to rolling terrain or off the pavement for short duration. Stop every 5-10 minutes during the run to stretch and muscle floss to loosen up tight spots. Have fun!
- SL = Semi-long Workout.** After 2 mile warm up, settle into a relaxed to moderate effort.
- L = Long Workout.** After a 2 mile warm up, settle into a relaxed to moderate effort.
- H = Hill Workout.** After a 2 mile warm up, do a hilly route at moderate effort. Or, for a more concentrated workout, do 30 second to 2 minute hill repeats. Start with 3-6 minutes of 'climb' time and add 1-2 minutes each week.
- F = Fartlek.** After a 2 mile warm up, can perform pickups during the workout where you run at 5K-10K race effort (i.e. moderately hard) for 1 minute followed by a 2 minute recovery jog. Start with 3-6 and add 1-2 every week.
- + = And Optional.** C+R means to cross train with the option of also doing a recovery workout.
- / = Or.** C/O means to either cross train or take the day off.