

## Garmin Marathon

### Level II Schedule

**Goal:** To finish the marathon within a certain time.

**Recommended Background:** Average weekly base of 20-40 miles in the last 3 weeks

At least one 10 to 14 mile run

Phase	Dates	Sun	Mon	Tuesday	Wed	Thursday	Fri	Saturday	Mileage
<b>Strength</b>	-----	C/O	C+R	F+ST	C+R	HR+ST	C/O	L/G	-----
	January 13-19		3-6	5-8F (5-10)	3-5	5-8HR (5-10)		12-16G(5/11-1-4)	22-41
	January 20-26		3-6	5-8F (6-12)	3-5	5-8HR (6-12)		14-18G(8/12-2-4)	24-45
Recovery	Jan. 27-Feb. 2		2-4	3-6R	2-3	3-6R+HR (3-6)		10-14L	16-33
	February 3-9		3-7	6-9F (7-14)	3-6	6-9HR (7-14)		16-20G(8/12-4-4)	26-51
<b>Speed</b>	-----	C/O	C+R	S+ST	C+R	T/HR+ST	C/O	L/G	-----
	February 10-16		3-7	6-9S 3-6X800	3-6	6-9T 2-3X1 Mile		12-16G(3/7-6-3)	24-47
Recovery	February 17-23		2-5	4-7R	2-4	4-7R+HR (4-8)		18-20L	26-43
	Feb. 24-March 2		4-8	7-10S 4-7X800	3-7	7-10T 2-3X1.5 Mile		12-16G(2/6-8-2)	26-51
	March 3-9		4-8	7-10S 5-8X800	3-7	7-10T 2X2 Mile		20-22G(8/10-10-2)	34-57
Recovery	March 10-16		3-6	5-8R+F (4-8)	2-5	5-8R+HR (4-8)		12-16L	22-43
	March 17-23		4-7	7-10S 6-9X800	3-6	7-9HR (8-16)		18-20G(4/6-12-2)	32-52
	March 24-30		3-6	6-8S 4-6X800	3-5	6-7T 2-3X1 Mile		13-15G(4/6-8-1)	25-41
<b>Peak</b>	-----	O	R/O	F/S+ST	R/O	G/H/R+ST	O	SL/G	-----
	March 31-April 6		3-5	5-7F (5-10)	3-4	5-6HR (4-8)		8-10G(3/5-4-1)	18-32
	April 7-13		2-4	4-6S 2-4X800	2-3	3-4G 2-4X400		Garmin	7-17

-Can run 3 to 5 days a week and do the low to high mileage ranges. Tuesdays/Thursdays/Saturdays are the most important workouts to do. Pick up where you've left off and you'll do fine.

-It's recommended to do a couple of tune up races to gain race experience and get the best overall speed workout.

-Base your tempo and speed workout pace on your 5K race pace or do a 2 mile time trial to determine this.

-Recovery weeks are built in to make sure you stay healthy and fresh enough for race day.

### Key Terms

**O = Off Day/Complete Rest/ No cross training.** Active recovery such as self massage recommended.

**C = Cross training.** Strength training that works the hips/glutes/core is strongly recommended 1-3 times a week to lower the risk of injury. You can also do aerobic activities such as swimming, or spinning for 20-40 minutes.

**R = Recovery Workout.** Very relaxed effort of 2-3 minutes per mile slower than half marathon goal pace over mostly flat terrain for short duration followed by extensive stretching routine to loosen up tight spots. Have fun!

**SL = Semi-long Workout.** After a 2 mile warm up, run 45-90 seconds per mile slower than half marathon goal pace.

**L = Long Workout.** After a 2 mile warm up, run 1-2 minutes per mile slower than half marathon goal pace.

**G = Goal Pace Workout.** 12-16G (5/11-1-4) means to warm up and run 5-11 miles at a moderate effort, 1 mile at marathon goal pace, 4 miles at a moderate effort starting with a recovery mile.

**T = Tempo Workout.** 6-9T: 2-3X1 Mile means to perform a track workout of two to three 1 mile repeats at 10K race pace, or about 20-25 seconds per mile slower than 5K pace. With a 15-20 minute warm up and 5-10 minute cool down, total mileage is 6-9 miles.

**S = Speed Workout.** 6-9S: 3-6X800 means to perform a track workout of three to six 800 meter repeats at 5K race pace or up to 15 seconds per mile faster with a recovery lap after each repeat. With a 15-20 minute warm up and 5-10 minute cool down, total mileage is 6-9 miles.

**ST = Striders.** Go very fast (like the kick at the end of a race) for 15-20 seconds and jog for 30-40 seconds for 4-6 reps. Do this after your warm up and before the speed workout.

**F = Fartlek.** 5-8F (5-10) means to warm up 15 minutes, perform 5-10 pickups where you run at sub 5K race effort for 1 minute followed by a 2 minute recovery jog after each and cool down for a total of 5-8 miles.

**HR = Hill Repeats.** 5-8HR (5-10) means warm up a few miles and then perform 5-10 minutes of pickups on a hill where you run at 5K-10K effort for 30-60 seconds followed by a recovery jog/walk back down. ½ mile cool down.

**+ = And Optional.** C+R means to cross train with the option of adding a recovery run

**/ = Or.** C/O means to either cross train or take the day off