

FORT WORTH MARATHON



ADVANCED (more than 3 years of running experience)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Week 1	off	40	60	30	50	30	105	315
Week 2	off	40	60	30	50	30	105	315
Week 3	off	40	60	30	50	30	105	315
Week 4	off	45	75	30	50	30	115	345
Week 5	off	45	75	30	50	30	115	345
Week 6	off	45	75	30	50	30	115	345
Week 7	off	45	90	30	50	30	150	395
Week 8	off	45	90	30	50	30	150	395
Week 9	off	45	90	30	50	30	150	395
Week 10	off	45	60	90	50	30	135	410
Week 11	off	45	70	60	70	30	135	410
Week 12	off	45	60	90	50	30	135	410
Week 13	off	45	70	60	70	30	135	410
Week 14	off	40	60	75	50	30	120	375
Week 15	off	30	40	60	50	30	180	390
Week 16	off	40	45	60	50	30	135	360
Week 17	off	40	45	60	40	30	120	335
Week 18	off	40	45	60	50	30	90	315
Week 19	off	40	45	75	50	30	80	320
Week 20	off	30	30	30	off	20	RACE	110

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Schedule

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Running Efforts

Easy running effort 55-65% of max HR

Tempo pace - effort should be 85-88% (should feel comfortably hard) They should be between 20-60 min, depending on your background. Tempo portion incorporated into long runs could be performed in the beginning of the run, in the middle, or split into the beginning and the end of the run. For instance, a 120 min long run may include: 20 min easy running, 20 min tempo, 60 min easy running, 20 (or 2x10) min tempo.

Threshold Intervals - very hard effort 90-95% (unable to talk while running)

Speed Interval session - 1 mile time trail effort (unable to sustain the pace for more than 4 min)

Hill repeats - should be treated as speed intervals

Strides - 4-6x15-30 sec pick ups followed by easy jog to full recovery (can be done at any time during easy sessions)

Marathon Simulation run

Examples

Continuous easy jogging, (should be able to carry on conversation without being out of breath)

4-6x5min; w/1 min cruise; efforts between 20-30 min continuous

4-6x1K or 1M with 4-5 min recovery

Sets of 200s and/or 400s; always allow full recovery between reps; i.e. 4-6x(200+400)

60-120 sec hills (start with 6 build up to 10)

Can be performed at any time during the run

Should be 15 miles or 2.5 hrs whichever is less, at the desired marathon goal pace

All levels of runners should implement 8-12 weeks of strength training in the beginning of the program, after which a once a week, or once every 10 days maintenance session should be maintained up to last three to four weeks prior to the key race. The weights training should be done 2-3 times a week allowing at least one day of rest between weight sessions

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The Fort Worth Marathon would like to thank

coachmarcin.com

for creating this training guide. Contact Coach Marcin to take your running, biking, or Swimming to the next level!