



SAMPLE PROGRAM FOR RUN TRAINING

MARATHON TRAINING: PHASE TWO BOSTON 2011

by Diane Stibbard

WEEK ONE: Feb 14 – Feb 20

(One of easy runs can be OFF if needed)

Monday: Off

Tuesday: core stability and Glute stabilization work

Wednesday: MRP (Marathon Race Pace)

10k min zone 2 warm up – **approximately 8.0 – 8.20min/mile pace**

17km @ low to mid zone 3 – **approximately 7.35 – 7.40min/mile pace**

10 min cool down

Goals: Do not go out too fast, keep focused on your pace for the first 3km, and adjust if too quick over this distance

Thursday: Easy Run or OFF

5km @ low zone 2 – **approximately 8.45 – 9min/mile pace**

Friday: Downhill Leg Speed – Remember the key of the workout here is leg turnover, not so much HR

15min warm up

7 downhill high leg turnovers – 30 – 45 seconds in length to start

The recovery is a walk back up the grade

10 min easy cool down

Saturday: Easy Run

5km in zone 2 – **approximately 8.45 – 9.0min/mile pace**

Core stability training and glute stabilization work

Sunday: Hill Repeats

24km @ zone 2 approximately 8.45 – 9.0min/mile pace– last 2km in zone 3 (Tempo pace 7.15 – 7.20min/mile pace)

Goals: Nutrition – one gel per 45 minutes. Set time for hydration every 10 minutes