THE RUN EXPERIENCE ROAD MAP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MARATHON TRAINING PROGRAM	CORE WORK & RESTORATION	EASY + DRILLS	SINGLE ARM & LEG STRENGTH	HILL INTERVALS	REST NUTRITION MOBILITY	LONG RUN	LONG RUN
MONTH 1							
WEEK 1	45 MIN	20-40+ MIN	45 MIN	30-50+ MIN, 5-7x60" INTERVALS	RECOVERY, NUTRITION, + MOBILITY CHALLENGE	5-7+ MILES (OPTIONAL RUN:WALK)	20-60+ MIN
WEEK 2	45 MIN	22-42+ MIN	45 MIN	30-50+ MIN, 6-8x60" INTERVALS	RECOVERY, NUTRITION, + MOBILITY CHALLENGE	6-8+ MILES (OPTIONAL RUN:WALK)	20-60+ MIN
WEEK 3	45 MIN	22-44+ MIN	45 MIN	35-55+ MIN, 7-9x60" INTERVALS	RECOVERY, NUTRITION, + MOBILITY CHALLENGE	7-9+ MILES (OPTIONAL RUN:WALK)	20-60+ MIN
WEEK 4	45 MIN	22-45+ MIN	45 MIN	20-40+ MIN, 5-6x60" INTERVALS	RECOVERY, NUTRITION, + MOBILITY CHALLENGE	5-6+ MILES (OPTIONAL RUN:WALK)	20-60+ MIN
MONTH 2							
WEEK 5	45 MIN	27-47+ MIN	45 MIN	Tempo TEST 30' TT	RECOVERY, SLEEP + MOBILITY CHALLENGE	8-10+ MILES (OPTIONAL RUN:WALK)	25-65+ MIN, TRAILS!
WEEK 6	45 MIN	30-50+ MIN	45 MIN	35-55+ MIN, 5 X 5 TEMPO	RECOVERY, SLEEP + MOBILITY CHALLENGE	9-11+ MILES (OPTIONAL RUN:WALK)	25-65+ MIN, TRAILS!
WEEK 7	45 MIN	33-53+ MIN	45 MIN	35-55+ MIN, 5 X 6 TEMPO	RECOVERY, SLEEP + MOBILITY CHALLENGE	10-12+ MILES (OPTIONAL RUN:WALK)	25-65+ MIN, TRAILS!
WEEK 8	45 MIN	27-47+ MIN	45 MIN	20-40+ MIN, 5 X 3 TEMPO OR (5 X 1' IF RACING)	RECOVERY, SLEEP + MOBILITY CHALLENGE	RACE 13.1 OR 8-9+ MILES (OPTIONAL RUN:WALK)	25-65+ MIN, TRAILS!
MONTH 3							
WEEK 9	45 MIN	35-55+ MIN	45 MIN	35-55+ MIN, 5 X 7 TEMPO.	HYDRATION TIPS + OHS CHALLENGE	14-15+ MILES PROGRESSIVE (OPTIONAL RUN:WALK)	5-6 MILES, FOCUSED ATHLETIC TRAINING
WEEK 10	45 MIN	35-55+ MIN	45 MIN	40-60+ MIN, 5 X 8 TEMPO	HYDRATION TIPS + OHS CHALLENGE	15-16+ MILES PROGRESSIVE (OPTIONAL RUN:WALK)	7-8 MILES, FOCUSED ATHLETIC TRAINING
WEEK 11	45 MIN	38-58+ MIN	45 MIN	40-60+ MIN, 4 X 10 TEMPO	HYDRATION TIPS + OHS CHALLENGE	16-17+ MILES PROGRESSIVE (OPTIONAL RUN:WALK)	7-9 MILES, FOCUSED ATHLETIC TRAINING
WEEK 12	45 MIN	28-48 + MIN	45 MIN	25-45+ MIN, 5 X 4 MINUTE CADENCE	HYDRATION TIPS + OHS CHALLENGE	12-13+ MILES OR RACE: 13.1 MILES (OPTIONAL RUN:WALK)	4-5 MILES, FOCUSED ATHLETIC TRAINING
MONTH 4							
WEEK 13	45 MIN	40-60+ HILLS & ROLLING TERRAIN	45 MIN	55-70+ MIN, TEMPO, 3 X 15	PRE RACE STRATEGY + PISTOL MOBILITY CHALLENGE	18-20 PROGRESSIVE	7-9 MILES, FOCUSED ATHLETIC TRAINING
WEEK 14	45 MIN	40-60+ HILLS & ROLLING TERRAIN	45 MIN	55-70+ MIN, TEMPO, 15, 12, 9, 6, 3	PRE RACE STRATEGY + PISTOL MOBILITY CHALLENGE	14-15 PROGESSIVE	8-10 MILES, FOCUSED ATHLETIC TRAINING
WEEK 15	45 MIN	35-55 HILLS & ROLLING TERRAIN	45 MIN	55-70+ MIN, 2 X 23	PRE RACE STRATEGY + PISTOL MOBILITY CHALLENGE	8-9 PROGRESSIVE	5-6 MILES, FOCUSED ATHLETIC TRAINING
WEEK 16	30 MIN	20-40 HILLS & ROLLING TERRAIN	30 MIN	20-40 MIN, 5 X 1 MINUTES, 1 MINUTE REST	PRE RACE STRATEGY + PISTOL MOBILITY CHALLENGE	26.2 OR RACE WEEKEND	26.2 OR RACE WEEKEND