

20 WEEK MARATHON TRAINING PROGRAM

This program is based on Hal Higdon's Novice 2 marathon training program. Prior to starting, you should have a base weekly mileage of 20 to 25 miles, and be able to run 3 to 6 miles comfortably (3 miles 2 to 3 times a week, and 5 or 6 miles once a week). Here are some definitions & explanations of the terms in the program:

Long Run: In this program, the long run is shown on Saturdays. Feel free to switch it to Sunday based on your own personal schedule. The Hambletonian Marathon training runs will be held on either Saturday OR Sunday so you can adjust accordingly. Long runs are meant to be run slowly! If you have a goal for your marathon, run the long run about 60 to 90 seconds *per mile* slower than you would like to run the marathon in. If you don't know your marathon goal pace, run your long runs so you can have an easy conversation while running. Don't be afraid to walk when you want to (some runners walk a minute every mile, a minute every 10 minutes, on the hills, whenever they want to, or at water stops in the actual marathon). If you find yourself struggling to finish a long run, try going a bit slower in the beginning at the next long run. This program follows a two week increase in the long run, with a drop in the third week, and follows this pattern until 5 weeks before the marathon, when it switches to a higher distance long run one week and a lower distance long run the next week. This is excellent for your mental well-being (knowing that you get a break)! There is a 3-week taper on this program (your last long run of 20 miles is 3 weeks before the marathon, at which point you decrease your mileage).

Pace Run: Wednesdays are for pace runs. A pace run is a run that is run at your marathon goal pace. If you don't know your marathon goal pace, you can just try to speed this run up a bit so it is a little more difficult than an easy run (not as fast as a race, but you may not be able to have a conversation while running a pace run). If you don't want to do a pace run, don't worry about it, just run like you would on a normal day. You will notice that the Wednesday run is also a bit longer than the other runs during the week, and is usually about half the distance of the weekend long run.

Mid-Week Running: The runs are shown in this program on Tuesdays and Thursdays are meant to be run easily. If you need to switch these around with the Monday and Friday rest days, feel free to do so.

Cross Training: This program has one day of cross training, on Sundays, and helps with recovery if you do your long run on Saturdays. Cross training is any other form of cardio exercise except running. For example, swimming, biking, walking and even mowing the lawn are all great forms of cross training.

Strength Training: Although strength training is not shown in the schedule, if you currently have it in your workout regimen, feel free to keep it. Two days a week is a good rule of thumb for strength training. If you do not currently strength train, you may not want to add it into the training for the marathon at this time.

Rest: Rest means rest! No running or cross training. It is important for your body to recover from the effort of marathon training. If you need to switch the rest days with the mid-week running days, feel free to do so.

Have Fun! Most importantly, have fun training! Come and meet new friends to run with! Come to the Hambletonian Marathon training runs. We will be holding them nearly every weekend on Saturdays OR Sundays (you can find the current training run on the Facebook page or on the website). There are all paces represented so please don't think you will be too slow (or too fast!). We will give out turn by turn directions, put water and Gatorade out and offer plenty of moral support. Marathon training is very challenging and it helps to have friends to train with. Finishing a marathon is an achievement that not too many people get to experience – can you see yourself crossing the finish line on October 20, 2013 at the Historic track? We can!

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Week 20 (June 3)	Rest	2 Miles	3 Mile Pace Run	2 Miles	Rest	5 Miles	Cross Train
Week 19 (June 10)	Rest	2 Miles	4 Mile Pace Run	2 Miles	Rest	6 Miles	Cross Train
Week 18 (June 17)	Rest	3 Miles	5 Mile Pace Run	3 Miles	Rest	8 Miles	Cross Train
Week 17 (June 24)	Rest	3 Miles	5 Mile Pace Run	3 Miles	Rest	9 Miles	Cross Train
Week 16 (July 1)	Rest	3 Miles	5 Mile Pace Run	3 Miles	Rest	6 Miles	Cross Train
Week 15 (July 8)	Rest	3 Miles	6 Mile Pace Run	3 Miles	Rest	11 Miles	Cross Train
Week 14 (July 15)	Rest	3 Miles	6 Mile Pace Run	3 Miles	Rest	12 Miles	Cross Train
Week 13 (July 22)	Rest	3 Miles	6 Mile Pace Run	3 Miles	Rest	9 Miles	Cross Train
Week 12 (July 29)	Rest	4 Miles	7 Mile Pace Run	4 Miles	Rest	14 Miles	Cross Train
Week 11 (Aug. 5)	Rest	4 Miles	7 Mile Pace Run	4 Miles	Rest	15 Miles	Cross Train
Week 10 (Aug. 12)	Rest	4 Miles	7 Mile Pace Run	4 Miles	Rest	Rest	Half Marathon
Week 9 (Aug. 19)	Rest	4 Miles	8 Mile Pace Run	4 Miles	Rest	17 Miles	Cross Train
Week 8 (Aug. 26)	Rest	5 Miles	8 Mile Pace Run	5 Miles	Rest	18 Miles	Cross Train
Week 7 (Sept. 2)	Rest	5 Miles	8 Mile Pace Run	5 Miles	Rest	13 Miles	Cross Train
Week 6 (Sept. 9)	Rest	5 Miles	5 Mile Pace Run	5 Miles	Rest	19 Miles	Cross Train
Week 5 (Sept. 16)	Rest	5 Miles	8 Mile Pace Run	5 Miles	Rest	12 Miles	Cross Train
Week 4 (Sept. 23)	Rest	5 Miles	5 Mile Pace Run	5 Miles	Rest	20 Miles	Cross Train
Week 3 (Sept. 30)	Rest	5 Miles	4 Mile Pace Run	5 Miles	Rest	12 Miles	Cross Train
Week 2 (Oct. 7)	Rest	4 Miles	3 Miles	4 Miles	Rest	8 Miles	Cross Train
Week 1 (Oct. 14)	Rest	3 Miles	2 Miles	Rest	Rest	2 Miles	Marathon!