

MARATHON
TRAINING PLAN

BEGINNER

Program assumptions

This program assumes the participant has been running pain-free for 2-3 days per week for at least 3 weeks, with at least one run per week being at least 3 miles.

Program expectations

This program is designed to help build endurance such that the participant can safely finish 26.2 miles. It does not focus on improving pace or having a specific finishing time.

All runs entered assume continuous running, but participants can add walking bouts as needed so as to ensure completion of the distance.

Week 1							weekly mileage : 10
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Homecare To help prevent injury spend 20-30 minutes foamrolling, stretching, and performing self-massage. When on the foamroller, or with strong hand/thumb pressure, check the lower back, glutes, quadriceps, hamstrings, shins, calves, and feet for any asymmetrical or increased hypertensions, then work on loosening these areas with the foamroller, thumb/hand pressure, massage ball, or stretching.	Easy Run: 3 miles Many runs in this program are split up, with a short break in between the 'warmup' run and the main run. This break is to allow time to stretch, do a few drills, and otherwise loosen your legs up for the rest of the run. Typically allow for 5-10 minutes for this break. warmup: 1 mile E drills: leg swings-btks workout: 2 miles E	Homecare Spend 20-30 minutes on the foam roller and doing basic stretches of the hamstrings, quadriceps, glutes, and calves. Many soft-tissue tensions result in injury if not addressed, and most can be addressed if caught early and by applying a structured approach to self-massage. If there are specific areas of pain, applying ice and heat may help with recovery but anything that is preventing normal pain-free walking, or lasts for more than 3 days, should be assessed by your doctor or physical therapist.	Easy Run: 4 miles For each of your runs practice finding an effort that allows for the easiest completion of the distance while at a consistent pace and without having to stop and walk. Learning to avoid going too fast too early will be critical on race day! warmup: 3 miles E	Lower Body Strength Training Keep things light with this first day, focusing on good posture and good form. As you get more comfortable with these we'll look to increased the reps and weights.	Homecare A short walk, 5-10 minutes on the foamroll, and a light stretch might all help loosen up areas that have tightened up a bit from the yesterday's exercise. Your goal today is to get the body primed and ready for tmrw.	Easy Run: 4 miles Before starting your run, walk a few minutes, with occasional steps on your toes, your heels, some wide steps, slow high knee walking steps, all to help loosen your legs up for the run. Feel some tight areas? Stop to stretch and self-massage these areas prior to starting the run. warmup: 3-5 min Walk workout: 4 miles E	
Week 2							weekly mileage : 12
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Rest Day A true rest day! But most likely you should still do some homecare...	Homecare Spend some time on the foam roller and doing basic stretches of the hamstrings, quadriceps, glutes, and calves.	Easy Run: 3 miles warmup: 2 miles E drills: leg swings-btks workout: 2 miles E	Lower Body Strength Training	Easy Run: 3 miles warmup: drills: workout:	Homecare	Easy Run: 5 miles warmup: workout:	
Week 3							weekly mileage : 13
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Rest Day	Homecare	Easy Run: 3 miles	Easy Run: 4 miles	Lower Body Strength Training	Homecare	Easy Run: 6 miles	
Upgrade to our premium plan Upgrade to our Premium marathon training plan to get a more detailed training plan, including coach notes and homecare options written out for each week. Download Premium Plan							
Week 4							weekly mileage : 14
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Homecare	Homecare	Easy Run: 3 miles	Easy Run: 4 miles	Lower Body Strength Training	Easy Run: 4 miles	Easy Run: 4 miles	
Week 5							weekly mileage : 14
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Homecare	Easy Run: 3 miles	Homecare	Easy Run: 4 miles	Lower Body Strength Training	Homecare	Easy Run: 7 miles	
Week 6							weekly mileage : 17
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Rest Day	Homecare	Easy Run: 4 miles	Lower Body Strength Training	Easy Run: 5 miles	Homecare	Easy Run: 8 miles	
Week 7							weekly mileage : 19
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Rest Day	Homecare	Easy Run: 5 miles	LB Strength Training	Easy Run: 4 miles	Homecare	Long Run: 10 miles	
Week 8							weekly mileage : 16
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Homecare	Homecare	Easy Run: 3 miles	Easy Run: 5 miles	LB Strength Training	Homecare	Easy Run: 8 miles	
Week 9							weekly mileage : 23
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Homecare	Easy Run: 3 miles	Rest Day	Easy Run: 6 miles	LB Strength Training	Easy Run: 2 miles	Long Run: 12 miles	
Week 10							weekly mileage : 18
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Rest Day	Homecare	Easy Run: 4 miles	LB Strength Training	Easy Run: 6 miles	Homecare	Easy Run: 8 miles	
Week 11							weekly mileage : 28
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Homecare	Easy Run: 3 miles	Easy Run: 5 miles	LB Strength Training	Easy Run: 6 miles	Homecare	Long Run: 14 miles	
Week 12							weekly mileage : 20
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Homecare	Homecare	Easy Run: 4 miles	Easy Run: 6 miles	LB Strength Training	Homecare	Long Run: 10 miles	
Week 13							weekly mileage : 29
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Homecare	Easy Run: 4 miles	LB Strength Training	Easy Run: 7 miles	Homecare	Easy Run: 2 miles	Long Run: 16 miles	
Week 14							weekly mileage : 21
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Homecare	Homecare	Easy Run: 3 miles	LB Strength Training	Easy Run: 6 miles	Homecare	Long Run: 12 miles	
Week 15							weekly mileage : 32
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Homecare	Easy Run: 4 miles	LB Strength Training	Easy Run: 8 miles	Homecare	Easy Run: 2 miles	Long Run: 18 miles	
Week 16							weekly mileage : 27
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Homecare	Homecare	Easy Run: 3 miles	Easy Run: 7 miles	LB Strength Training	Easy Run: 3 miles	Long Run: 14 miles	
Week 17							weekly mileage : 32-36
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Homecare	Easy Run: 4 miles	LB Strength Training	Easy Run: 9 miles	Homecare	Easy Run: 2 miles	Long Run: 21 miles	
Week 18							weekly mileage : 24-29
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Homecare	LB Strength Training	Easy Run: 3 miles	Easy Run: 7 miles	Homecare	Easy Run: 3 miles	Long Run: 16 miles	
Week 19							weekly mileage : 20-21
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Homecare	LB Strength Training	Easy Run: 3 miles	Easy Run: 5 miles	Homecare	Easy Run: 3 miles	Long Run: 10 miles	
Week 20							weekly mileage : 34.2
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Homecare	Easy Run: 3 miles	LB Strength Training	Easy Run: 4 miles	Homecare	Easy Run: 1 miles	Marathon (26.2 miles)	

Program Term Definitions

All terms and exercises listed in this program are defined below, with supporting video links when applicable.

Homecare

To help prevent injury and adapt optimally to the runs, it is best to spend 20-30 minutes foamrolling, stretching, and performing self-massage each day, even on the days where 'Homecare' is not listed. When on the foamroller, or with strong hand/thumb pressure, check the lower back, glutes, quadriceps, hamstrings, shins, calves, and feet for any asymmetrical or increased hypertensions, then work on loosening these areas with the foamroller, thumb/hand pressure, massage ball, or stretching. Many soft-tissue tensions result in injury if not addressed, and most can be addressed if caught early and by applying a structured approach to self-massage, similar to the following: <https://www.bostonrunningcenter.com/tsm.jpg>. If there are specific areas of pain, applying ice and heat may help with recovery but anything that is preventing normal pain-free walking, or lasts for more than 3 days, should be assessed by your doctor or physical therapist.

Easy (E)

Easy running is an effort that you feel most comfortable with. E pace can fluctuate from 5-60 seconds per mile depending on the conditions outside and how you feel. For non-beginners, during your regular E runs your breathing rate should be slow enough such that you could speak full sentences while running.

E by the numbers...

- 1-2 out of 10 RPE (RPE = rating of perceived exertion, 10 being the highest exertion)
- 50-65% of HRmax (HRmax = 220 - your age, approximately)
- < 70% of LT pace (LT pace = Lactate Threshold pace = fastest pace you can sustain for 30 minutes)

Drills

Running drills are targeted exercises that focus on specific portions of the running gait cycle running. By mastering these exercises, proper running motions become more nature, athletic, and efficient.

Leg swings (legsw) -- Perform 10-20 forward facing leg swings per leg at a moderate tempo, gradually increasing the range of motion as you warm-up.

Knee circles (knrcs) --Perform 8-12 controlled knee circles per leg, focusing on a wide range of motion with minimal twisting of the torso. These can be done on the floor on all fours, or standing.

Buttkicks (bks) -- Run while kicking your butt to your glutes while attempting to keep your knee as steady as possible, i.e. staying under your hip and not lifting forward. Perform 16-20 (8-10/leg) with a focus on speed for the last 4-6. You should be going forward very gradually so 16-20 reps should be done in around 10 meters.

Heelkicks (hks) -- Pull the heel straight up, as if skimming a wall behind you, while keeping dorsiflexed at all times. The main firing for this drill should be the hamstring. Practice while lying on the ground or while standing against the wall to perfect this movement. Then practice while standing still, one leg at a time. Then progress to the 'rounding' version while staying in-place, then finally, while move forward slightly. Note symmetry of ease of motion and take corrective actions if an imbalance is found. Perform 20 reps (10 per leg) with a focus on speed for the last 6 or so reps.

Lower Body (LB) Strength Conditioning

With the exercises listed below the main goal is to ensure symmetry of muscle strength and coordination. If asymmetrical tensions come up, first stop the exercise and attempt to relieve the tension with self-massage, then look to practice this exercise regularly until the exercise feels symmetrical right vs left with coordination, strength, and location of fatigue.