F4URCE

MARATHON BEGINNERS TRAINING PLAN

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DAY	MON	TUE	WEDS	THUR	FRI	SAT	SUN
MODE	RUN	CT + ST	RUN	CT + ST	RUN	RUN	REST DAY
INTENSITY	EASY	MODERATE	MODERATE	MODERATE	EASY	CONVERSATIONAL	
i-RATE SCALE	6 - 7	7 - 8	7 - 8	7 - 8	6 - 7	6 - 7+	
HEART RATE (%)	65 - 75	70 - 75	75 - 80	70 - 75	65 - 75	70 - 75	
WEEK 1	40 Minutes	30 - 45 Minutes	45 Minutes	30 - 45 Minutes	30 - 40 Minutes	5 Miles	REST DAY
WEEK 2	40 Minutes	30 - 45 Minutes	45 Minutes	30 - 45 Minutes	30 - 40 Minutes	6 Miles	REST DAY
WEEK 3	40 Minutes	30 - 45 Minutes	45 Minutes	30 - 45 Minutes	30 - 40 Minutes	7 Miles	REST DAY
WEEK 4	40 Minutes	30 - 45 Minutes	50 Minutes	30 - 45 Minutes	30 Minutes	6 Miles	REST DAY
WEEK 5	45 Minutes	30 - 45 Minutes	50 Minutes	30 - 45 Minutes	30 - 40 Minutes	8 Miles	REST DAY
WEEK 6	45 Minutes	30 - 45 Minutes	50 Minutes	30 - 45 Minutes	30 - 40 Minutes	9 Miles	REST DAY
WEEK 7	45 Minutes	30 - 45 Minutes	60 Minutes	30 - 45 Minutes	30 Minutes	6 Miles	REST DAY
WEEK 8	45 Minutes	30 - 45 Minutes	60 Minutes	30 - 45 Minutes	40 Minutes	10 Miles	REST DAY
WEEK 9	45 Minutes	30 - 45 Minutes	60 Minutes	30 - 45 Minutes	40 Minutes	12 Miles	REST DAY
WEEK 10	40 Minutes	30 - 45 Minutes	60 Minutes	30 - 45 Minutes	30 Minutes	7 Miles	REST DAY

WEEK 11	50 Minutes	30 - 45 Minutes	60 Minutes	30 - 45 Minutes	40 Minutes	14 Miles	REST DAY
WEEK 12	50 Minutes	30 - 45 Minutes	60 Minutes	30 - 45 Minutes	30 Minutes	8 Miles	REST DAY
WEEK 13	50 Minutes	30 - 45 Minutes	60 Minutes	30 - 45 Minutes	40 Minutes	16 Miles	REST DAY
WEEK 14	45 Minutes	30 - 45 Minutes	Tempo A Workout	30 - 45 Minutes	40 Minutes	8 Miles	REST DAY
WEEK 15	50 Minutes	30 - 45 Minutes	Tempo A Workout	30 Minutes	40 Minutes	18 Miles	REST DAY
WEEK 16	45 Minutes	30 - 45 Minutes	Tempo A Workout	30 - 45 Minutes	30 Minutes	10 Miles	REST DAY
WEEK 17	50 Minutes	30 - 45 Minutes	Tempo A Workout	30 Minutes	40 Minutes	20 Miles	REST DAY
WEEK 18	45 Minutes	40 Minutes	Tempo B Workout	40 Minutes	40 Minutes	10 Miles	REST DAY
WEEK 19	45 Minutes	30 Minutes	Tempo B Workout	30 Minutes	30 Minutes	6 Miles	REST DAY
WEEK 20	40 Minutes	REST	30 Minutes	REST	20 - 25 Minutes	REST	**RACE DAY**
RECOVERY WEEK 1	REST	20 Minutes CT	REST	30 Minutes CT	REST	4 Miles	REST DAY
RECOVERY WEEK 2	30 Minutes	30 Minutes CT	REST	40 Minutes	30 Minutes CT	5 Miles	REST DAY
RECOVERY WEEK 3	45 Minutes	40 Minutes CT	REST	45 Minutes	40 Minutes CT	6 Miles	REST DAY
RECOVERY WEEK 4	50 Minutes	40 Minutes CT	REST	50 Minutes	40 Minutes CT	7 Miles	REST DAY

TRAINING PLAN KEY

Warm-up: Walking for 5 minutes at an easy pace prior to every workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: Walking for 5 minutes at an easy pace after every workout to gradually bring the heart rate and breathing back to normal levels.

Heart Rate: If you have a Heart rate monitor; maintain a range between the prescribed percentages eg 65 - 75% of estimated maximum Heart rate.

iRate Scale: A way to rate your effort level by your perception or perceived exertion. Rate your level by how you feel from 1 - 10. 1 being at complete rest and 10 being an all out level. Use this system to stay within the smart training range listed on the training program ie 6 - 7.

Flexibility: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

TRAINING PLAN KEY

Cross Training (CT): Include activities that are non-running or walking. Cycling, Swimming, Pilates, Yoga, Strength training, Elliptical trainer, Stair-Master, Spinning are great cross training modes for 5K training. Cross training allows you to rest your running muscles while training opposing muscle groups and reducing the risk over training and injury. It helps speed recovery and reduces burnout. Cross training activities should be done at a moderate pace. Your effort should be no more than 60-70% of your maximum effort.

Strength Training (ST): Strength training with machines weights, Resistance tubes/bands or classes like Pilates, Toning or Yoga. Include strength training exercises for you upper body, core (abdominal/trunk)and lower body twice per week. This will increase the lean muscle tissue, boost metabolism at rest, and prevent the dreaded muscle loss with age.

The more muscle we lose the lower our metabolism sinks. Start strength training session by warming up with 10 minutes of cardio activity [ie. Cycling, Elliptical trainer or Stair-Master] or strength train after running if you are new to strength training begin with 1 set per exercise for 12-15 repetitions. The goal is to fatigue the muscle as you reach the repetition range, or until you van no longer perform the exercise with good controlled form. Stick with this program for at least 4 weeks and then progress to 2-3 sets per exercise for 8-12 repetitions. Another option for your strength workout is to take a class at your gym, work with a personal trainer, perform a machine circuit, there are many ways to include resistance training in your life, find the one you enjoy the most.

TRAINING PLAN KEY

Conversational Pace: Conversational pace should be slow and comfortable and allow you to easily speak. Heart rate zone should be between 65 -75% of your maximum or iRate level of 6 - 7.5. Note: Heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max Heart rate of 75% of your maximum, rather than slowing down the pace to stay within the zone.

Easy Pace Easy to moderate pace – is a pace we would say is about 65 - 75% of your maximum Heart Rate or an iRate level 6 - 7, and is a pace you could go at for a long time.

Moderate Pace: Moderate pace at 70-80% of your maximum Heart rate or an iRate level 7+ – a pace where you can hear your breathing, but not breathing hard.

TRAINING PLAN KEY

Tempo "A" Workout: Warm-up by walking for 5 minutes at a brisk pace, then run 10 minutes at an easy pace. Complete the following 4 times: Run for 5 minutes at a comfortably hard pace, around 80-85% of your maximum Heart rate, or an iRate level of 8 - 8.5. This should be followed by a run for 2 minutes at an easy pace to recover. After completing; cool down by running for 5 minutes at an easy pace, followed by 5 minutes walking.
*It is key to be disciplined and run the segments as shown, otherwise the quality of your running could be compromised.

Tempo "B" Workout: Warm-up by walking for 5 minutes at a brisk pace, then run 10 minutes at an easy pace. Complete the following 2 times: Run 10 minutes comfortably hard at 80-85% of maximum Heart rate, or an iRate level of 8 - 8.5. This should be followed by a run for 2 minutes at an easy pace to recover. After completing; cool down by running for 5 minutes at an easy pace, followed by 5 minutes walking.
*It is key to be disciplined and run the segments as shown, otherwise the quality of your running could be compromised.