



# RUNPERS BEGINNER MARATHON PLAN

Prerequisite to 3 marathons in 90 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>5 MI TEMPO</b> 1 MI EASY WARM UP 2 X 1 MI @ HALF MARATHON PACE WITH 2 MIN EASY JOG BETWEEN COOL DOWN EASY PACE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>8 MI EASY</b> FIND A HILLY ROUTE EASY CONVERSATIONAL PACE PRACTICE FUELING AND HYDRATION
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>5 MI TEMPO</b> 1 MI EASY WARM UP 2 X 1.5 MI @ HALF MARATHON PACE WITH 2 MIN EASY JOG BETWEEN COOL DOWN EASY PACE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>5 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>10 MI EASY</b> FIND A HILLY ROUTE EASY CONVERSATIONAL PACE PRACTICE FUELING AND HYDRATION
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>6 MI UP-TEMPO PROGRESSION</b> START AN EASY PACE & PICK UP THE PACE EVERY MILE FOR 5 MILES ENDING AROUND 10K EFFORT COOL DOWN 1 MILE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>5 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>12 MI EASY</b> FIND A HILLY ROUTE EASY CONVERSATIONAL PACE PRACTICE FUELING AND HYDRATION
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>5 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>8 MI TEMPO</b> 2 MI EASY WARM UP 2 X 2 MILE @ HALF MARATHON PACE WITH 4 MIN EASY BETWEEN COOL DOWN TO 8 TOTAL
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>6 MI HILLS</b> 2 MI EASY WARM UP 8 X 30 SEC HILL HARD EFFORT WITH WALK/JOG DOWN COOL DOWN EASY PACE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>5 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>14 MI EASY</b> START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>6 MI STEADY</b> RUN THIS ENTIRE RUN A LITTLE FASTER THAN EASY PACE GETTING CLOSE TO GOAL MARATHON PACE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>5 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>16 MI EASY</b> START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>6 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>6 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>10 MI TEMPO</b> 2 MI EASY WARM UP 5 X 1 MILE @ HALF MARATHON PACE WITH 3 MIN EASY BETWEEN COOL DOWN TO 10 TOTAL
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>5 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>6 MI SPEED</b> 2 MI EASY WARM UP 6 X 2 MIN AT 10K EFFORT WITH 2 MIN EASY JOG BETWEEN COOL DOWN EASY PACE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>5 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>18 MI EASY</b> START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>7 MI STEADY</b> RUN THIS ENTIRE RUN A LITTLE FASTER THAN EASY PACE GETTING CLOSE TO GOAL MARATHON PACE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>5 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>11 MI TEMPO</b> 1-2 MI EASY WARM UP 5-8 MILES AT GOAL MARATHON PACE COOL DOWN TO 11 TOTAL
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>5 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>7 MI HILLS</b> 2 MI EASY WARM UP 10 X 30 SEC HILL HARD EFFORT WITH WALK/JOG DOWN COOL DOWN EASY PACE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>5 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>20 MI EASY</b> VERY EASY PACE! FIND A HILLY ROUTE PRACTICE FUELING AND HYDRATION
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>5 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>6 MI UP-TEMPO PROGRESSION</b> START AN EASY PACE & PICK UP THE PACE EVERY MILE FOR 5 MILES ENDING AROUND 10K EFFORT COOL DOWN 1 MILE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>5 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>14 MI EASY</b> START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>6 MI STEADY</b> RUN THIS ENTIRE RUN A LITTLE FASTER THAN EASY PACE GETTING CLOSE TO GOAL MARATHON PACE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>9 MI EASY</b> START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>5 MI STEADY</b> RUN THIS ENTIRE RUN A LITTLE FASTER THAN EASY PACE GETTING CLOSE TO GOAL MARATHON PACE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>1-2 MI EASY</b> SUPER EASY IN THE MORNING TO SHAKE THE LEGS OUT BEFORE THE BIG RACE	<b>MARATHON</b> START SLOW & HAVE FUN 33% OF THE WAY TO MARATHON MANIAC