



Central Mass Striders

Marathon Training Program by Coach Al Halper

Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner	6-7 mi	cross-train 30 min	rest	3 mi	3 mi	3 mi	rest	7-8 mi
Intermediate	8-9 mi	cross-train 35-40 min	4 mi	5 mi	4 mi	rest	3-5 mi pace	9 mi
Advanced	10 mi	cross-train 40-45 min	5-6 mi	30-40 min tempo	5 mi	rest	3-5 mi pace	11-12 mi



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Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner	7-8 mi	Cross-train 30-35 min	rest	3 mi	4-5 mi	3 mi	rest	6-7 mi
Intermediate	9 mi	Cross-train 40-45 min	4 mi	5 mi	4 mi	rest	5 mi	8 -10 mi
Advanced	11-12 mi	3-4 mi	5 mi	6 x 400 with hills	4-5 mi	rest	5 mi pace	12-14 mi

On workouts with hills etc, begin each run with a mile warmup and end with mile warmdown with the hills at the given distance in between.

This is also true when doing a pace or tempo workout _include at least an 800 in warmup and warmdown before settling in the tempo or pace workout



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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner	8 mi	cross-train 30 min	rest	3 mi	5 mi	3 mi	rest	8 mi
Intermediate	8-10 mi	cross-train 40-45min	4 mi	6 mi	4 mi	rest	5-6 mi pace	11-12 mi
Advanced	12-14 mi	4 mi	6 mi	4 mi	4 x 800	rest	6 mi pace	13 mi



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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner	8 mi	Cross-train 30-35 min	rest	3 mi	5 mi	3 mi	rest	8-9mi
Intermediate	11-12 mi	Cross-train 40-45 min	4 mi	6 mi	4 mi	rest	6 mi pace	13 mi
Advanced	13 mi	4 mi	35 min tempo	4 mi	4 x hill (400 -800m)	rest	6 mi pace	14 mi

On workouts with hills etc, begin each run with a mile warmup and end with mile warmdown with the hills at the given distance in between.

This is also true when doing a pace or tempo workout _include at least an 800 in warmup and warmdown before settling in the tempo or pace workout



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Marathon Training Program by Coach Al Halper Week 5

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner	8-9 mi	Cross-train 30-35 min	Rest	3 mi	6 mi	3 mi	Rest	11 mi
Intermediate	13 mi	Cross-train 40-45 min	3 mi	6-7 mi	3 mi	Rest	7 mi	14 mi
Advanced	14 mi	3 mi	7 mi	3 mi	35 min tempo	Rest	7 mi	10 mi

** Please note that advanced runners do 8-10 min warm-up training pace, the tempo run at marathon pace, and 8-10 min at warm-down pace.

When dealing with extreme weather concerns, feel free to do the long run on Saturday and the shorter Saturday run on Sunday if not a scheduled rest day



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Marathon Training Program by Coach Al Halper Week 6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner	11 mi	Cross-train 30-35 min	Rest	3 mi	5 mi marathon pace	3 mi	Rest	9 mi
Intermediate	14 mi	Cross-train 40-45 min	3 mi	7 mi	3 mi	Rest	6 mi marathon pace	11 mi
Advanced	10 mi	3 mi	8 mi	3 mi	5 x 800m with hills	Rest	6 mi	15-16 mi

****Please note that when a workout calls for straight intervals, hill intervals, a tempo run or a marathon pace run, you should plan on doing a 5-8 min warm-up and a 5-8 min warm-down added to the workout posted.



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Week 7

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner	9 mi	Cross-train 30-35 min	Rest	3 mi	7 mi	3 mi	Rest	13 mi
Intermediate	11 mi	Cross-train 40-45 min	7 mi	4 mi	7 mi marathon pace	4 mi	rest	15 mi
Advanced	15 mi	3 mi	8 mi	5-6 long hills to 800m	4 mi	8 mi marathon pace	Rest	16-17 mi

**** Please note that advanced runners do 8-10 min warm-up training pace, the tempo run at marathon pace, and 8-10 min at warm-down pace.**

This is also true for novice and intermediate runners when doing these types of workouts. Do 6-8 min @ warm-up pace and 6-8 min @ warm-down pace. As weather continues to be a problem--adjust accordingly including using indoor modalities as needed. Calculate the time for your run outside and increase that amount. If time allows, by 15-20 mins on the alternative training methods. The main thing is to keep your heart rate within the normal training pace target zone for the same period as your run would be. Do not be afraid to work on upping the pace of your run on the shorter runs so that your runs are comfortably uncomfortable. Do this as you train to increase your overall pace during training runs and ultimately the comfort zone during your marathon.

**** In addition feel free to adjust the schedule pending on weather conditions. Do not put two long runs back-to-back at this point if at all possible. More details will follow on Sunday.**



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Week 8

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner	13 mi	Cross-train 30-35 min	Rest	3 mi	7 mi	3 mi	Rest	14 mi
Intermediate	15 mi	Cross-train 40-45 min	4 mi	8 mi	4 mi	7 mi	rest	16 mi
Advanced	16-17 mi	3 mi	8 mi	4 mi	45 min tempo	rest or 30 min cross-train	5-6 mi	17 mi

**** Please note that advanced runners do 8-10 min warm-up training pace, the tempo run at marathon pace, and 8-10 min at warm-down pace.**

This is also true for novice and intermediate runners when doing these types of workouts. Do 6-8 min @ warm-up pace and 6-8 min @ warm-down pace

As weather continues to be a problem--adjust accordingly including using indoor modalities as needed. Calculate the time for your run outside and increase that amount. If time allows, by 15-20 mins on the alternative training methods. The main thing is to keep your heart rate within the normal training pace target zone for the same period as your run would be. Do not be afraid to work on upping the pace of your run on the shorter runs so that your runs are comfortably uncomfortable. Do this as you train to increase your overall pace during training runs and ultimately the comfort zone during your marathon.

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Week 9

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner	14 mi	Cross-train 30-35 min	Rest	3 mi	7 mi	4 mi	Rest	11mi
Intermediate	16 mi	Cross-train 40-45 min	4 mi	9 mi marathon pace	4 mi	rest	8-9 mi	12 mi
Advanced	17 mi	3 mi	8 mi	4 mi	6-7 x 800m repeats	rest or 30 min cross-train	8-9 mile marathon pace	12 mi

**** Please note that advanced runners do 8-10 min warm-up training pace, the tempo run at marathon pace, and 8-10 min at warm-down pace.**

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As weather continues to be a problem--adjust accordingly including using indoor modalities as needed. Calculate the time for your run outside and increase that amount. If time allows, by 15-20 mins on the alternative training methods. The main thing is to keep your heart rate within the normal training pace target zone for the same period as your run would be. Do not be afraid to work on upping the pace of your run on the shorter runs so that your runs are comfortably uncomfortable. Do this as you train to increase your overall pace during training runs and ultimately the comfort zone during your marathon.**

*****Continue to adjust the schedule pending on weather conditions. If you are not sure how to make the adjustments without compromising your training routine, contact Al Halper (ahalper@worchester.edu) by email and leave a number where you can be reached.**



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Marathon Training Program by Coach Al Halper

Week 10

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner	11 mi	Cross-train 30-35 min	Rest	3 mi	7 mi	4 mi	Rest	16 mi or Stu's(spring)
Intermediate	12 mi	Cross-train 40-45 min	4 mi	8- 9 mi	4 mi	7 mi	rest or 30 min cross-train	18 mi or Stu's(spring)
Advanced	12 mi	3 mi	9 mi marathon pace	4 mi	9 mi	6 mi	rest or 30-40 min cross-train	19 mi or Stu's(spring)

**** Please note that advanced runners do 8-10 min warm-up training pace, the tempo run at marathon pace, and 8-10 min at warm-down pace.**

**This is also true for novice and intermediate runners when doing these types of workouts. Do 6-8 min @ warm-up pace and 6-8 min @ warm-down pace
As weather continues to be a problem--adjust accordingly including using indoor modalities as needed. Calculate the time for your run outside and increase that amount. If time allows, by 15-20 mins on the alternative training methods. The main thing is to keep your heart rate within the normal training pace target zone for the same period as your run would be. Do not be afraid to work on upping the pace of your run on the shorter runs so that your runs are comfortably uncomfortable. Do this as you train to increase your overall pace during training runs and ultimately the comfort zone during your marathon.**

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Marathon Training Program by Coach Al Halper

Week 11

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner	16 mi or Stu's(spring)	Cross-train 30-35 min	Rest	4 mi	8 mi	4 mi	Rest	14 mi (relaxed pace)
Intermediate	18 mi or Stu's(spring)	Cross-train 40-45 min	5 mi	9 mi	5 mi	8 mi	rest or 30 min cross-train	15 mi (relaxed pace)
Advanced	19 mi or Stu's(spring)	4 mi	10 mi	45 min/ 4-5 mi pace	9-10 mi	5-6 mi	rest or 30-40 min cross-train	16 mi (relaxed pace)

**** Please note that advanced runners do 8-10 min warm-up training pace, the tempo run at marathon pace, and 8-10 min at warm-down pace.**

This is also true for novice and intermediate runners when doing these types of workouts. Do 6-8 min @ warm-up pace and 6-8 min @ warm-down pace

As weather continues to be a problem--adjust accordingly including using indoor modalities as needed. Calculate the time for your run outside and increase that amount. If time allows, by 15-20 mins on the alternative training methods. The main thing is to keep your heart rate within the normal training pace target zone for the same period as your run would be. Do not be afraid to work on upping the pace of your run on the shorter runs so that your runs are comfortably uncomfortable. Do this as you train to increase your overall pace during training runs and ultimately the comfort zone during your marathon.

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PLEASE NOTE: In the spring, Due to Stu's Race, we will not meet on Sunday AM at Worcester State on that Sunday, but will return the following Sunday



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Marathon Training Program by Coach Al Halper

Week 12

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner	14 mi (relaxed pace)	Cross-train 30-35 min	Rest	4 mi	8 mi	5 mi	Rest	12 mi
Intermediate	15 mi (relaxed pace)	Cross-train 40-45 min	5 mi	9 mi	5 mi	8 mi	rest or 30 min cross-train	13 mi
Advanced	16 mi (relaxed pace)	5 mi	7-8 mi	45 min/ 4-5 mi tempo	6-7 mi	5-6 mi	rest or 30-40 min cross-train	13 mi

**** Please note that advanced runners do 8-10 min warm-up training pace, the tempo run at marathon pace, and 8-10 min at warm-down pace.**

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Central Mass Striders

Marathon Training Program by Coach Al Halper Week 14

	Sunday(SEE BELOW)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner	cross-train 30-35 min	4 mi	rest	8 mi	4-5 mi	5 mi	3- 4 mi pace	12-13 mi
Intermediate	cross train 40-45 min	5-6 mi	8 mi	5 mi	cross-train 40 min	5 mi	3-4 mi pace	12-13 mi
Advanced	5 mi	cross train 45-50 min	5-6 mi	30-40 min tempo	5-6 mi	rest	3-5 mile pace	12-13 mi

ON WEEK 14-SUNDAY IS EITHER YOUR RECOVERY DAY IF YOU DID YOUR DRESS REHEARSAL RUN ON SATURDAY OR YOU DO YOUR DRESS REHEARSAL RUN ON SUNDAY(21 MILE)
IF YOU DO THE REHEARSAL RUN ON SUNDAY>>>>SLIDE THE SCHEDULE OVER BY ONE DAY AND ELIMINATE EITHER THE FRIDAY OR SATURDAY SCHEDULED WORKOUT
THIS ALLOWS THOSE WHO DO THE WEEKLY SATURDAY CMS SERIES TO USE THAT FOR PACE WORK OR TO SIT IT OUT FOR THIS WEEK



Central Mass Striders

Marathon Training Program by Coach Al Halper Week 15

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner	12-13 mi	Cross-train 30-35 min	rest	4 mi	5-6 mi	4-5 mi	rest	8 mi
Intermediate	12-13 mi	Cross-train 40-45 min	5-6 mi	5 mi	6 mi	cross train 40 min	rest	8 mi
Advanced	12-13 mi	5 mi	6 x 800m with hills	5 mi	cross-train 40-50 min	5-6 mi	rest	8 mi



Central Mass Striders

Marathon Training Program by Coach Al Halper Week 16

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner	8 mi	Cross-train 30-35 min	rest	3 mi	4-5 mi	2-3 mi	rest	rest
Intermediate	8 mi	Cross-train 40-45 min	3-4 mi	5 mi	3 mi	3 mi	rest	rest or 10 -15 min shake-out run
Advanced	8 mi	3 mi	3 mi plus 4 x 400m	5 mi	cross-train 30 min	3 mi	rest	rest or 15 min shake-out run

THE FINAL BIG DAY

<<<THE TRAINING'S DONE>>>THE RACING'S JUST BEGUN!!!

GOOD LUCK TO EVERYONE>>>HERE'S HOPING THAT THE TRAINING PAID OFF!!!!

SET GOALS>>>ACHIEVE THEM!!!!

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