



RunVermont

MARATHON TRAINING

THINGS TO REMEMBER:

- Mix up the places you run to keep your interest and motivation high. Running the same route gets boring and your body will start to acclimate to the same workout every time. Mix up your challenges!
- Try to run at roughly the same time each day if possible - running is habit forming!
- Feel free to mix up the days to work with your schedule, but try not to have 2 rest days back to back.
- SMILE! Even when it's hard. Your body and brain will thank you for it.

TIPS & TRICKS:

- **REST:** Rest is an important part of your training. We've built rest days to be mostly on Monday's (tend to be the busiest day of the week) and Friday's
- **WARM-UP:** Warming up is important to prevent injury. Starting slowly on your easy runs gives your muscle time to ease into the run.
- **CROSS-TRAINING:** On some rest days (not all), you are welcome to engage in some light cross-training such as yoga, swimming, cycling, walking, and/or strength training (best to do earlier in the week)
- **LONG RUNS:** Saturday and Sunday are long run days. It's very important to keep these runs at a comfortable, conversational pace to avoid burn out and injury.



most importantly... **HAVE FUN!**

& if you need a little extra motivation or have any questions,
reach out to info@runvermont.org



Marathon Training Schedule (Beginner)

Based on running 4 days per week with a minimum of 20-25 miles each week.

Week	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.	Sun.	Total
1	Rest	3-5	4-6	3-5	Rest	4	6-10	30
2	Rest	3-5	4-6	3-5	Rest	4	6-10	30
3	Rest	4	Rest	4	Rest	4	6	18
4	Rest	4-6	5-7	5-7	Rest	5	8-12	37
5	Rest	4-6	5-7	5-7	Rest	5	8-12	37
6	Rest	4-6	5-7	5-7	Rest	5	9-13	38
7	Rest	5	Rest	5	Rest	4	6	20
8	Rest	5	7	6	Rest	4	14	36
9	Rest	6	8	6	Rest	4	16	40
10	Rest	5	Rest	6	Rest	4	7	22
11	Rest	5	7	6	Rest	5	20*	43
12	Rest	6	8	6	Rest	4	14	38
13	Rest	6	7	6	Rest	4	16	39
14	Rest	6	Rest	6	Rest	4	8	24
15	Rest	5	7	6	Rest	6	20*	44
16	Rest	6	Rest	6	Rest	4	13	29
17	Rest	7	Rest	5	Rest	4	10	26
18	Rest	6	Rest	4	Rest	2	*26.2*	38.2

* Please note that on the 20 mile runs, you either run for 20 miles or 3 hours total, whichever comes first.