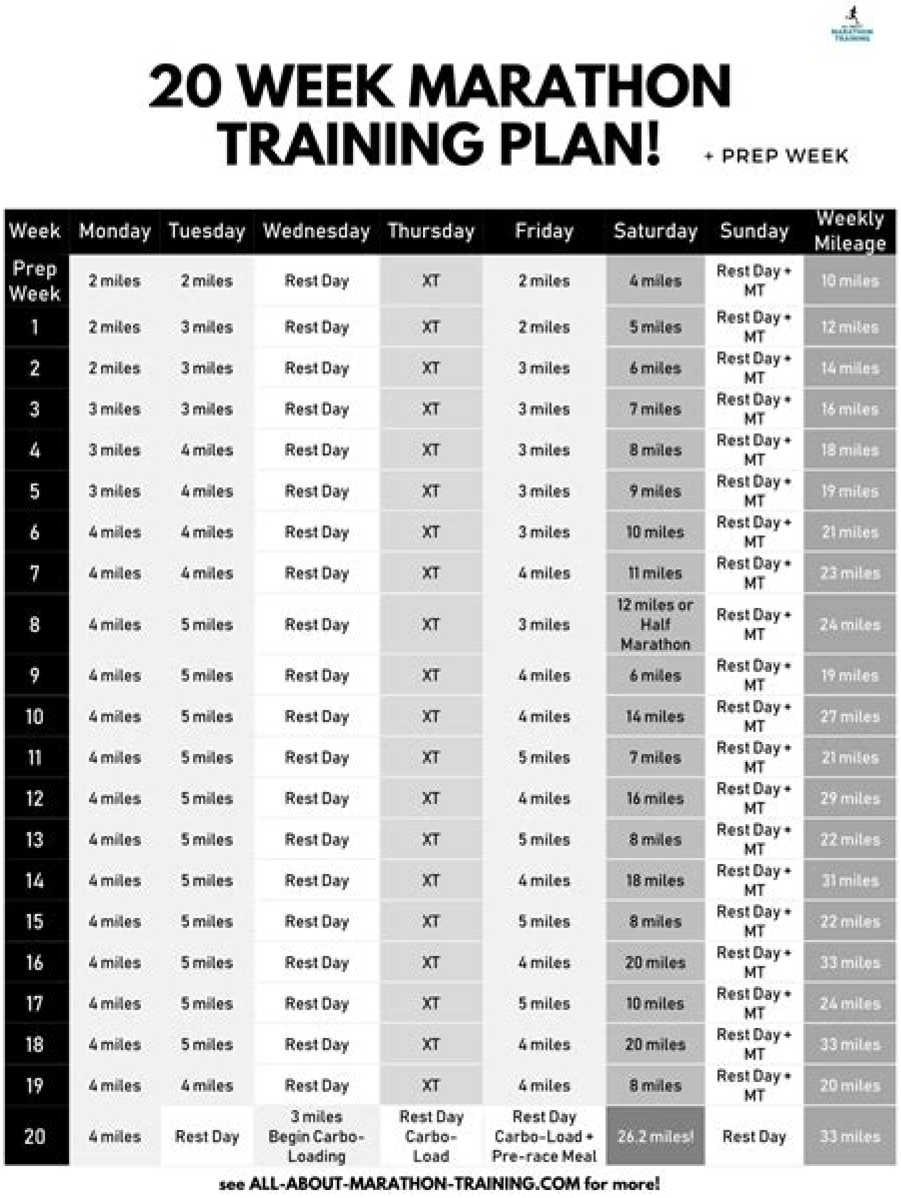
100 Day Marathon Training Plan



20 WEEK MARATHON TRAINING PLAN! + PREP WEEK

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
Prep Week	2 miles	2 miles	Rest Day	XT	2 miles	4 miles	Rest Day + MT	10 miles
1	2 miles	3 miles	Rest Day	XT	2 miles	5 miles	Rest Day + MT	12 miles
2	2 miles	3 miles	Rest Day	XT	3 miles	6 miles	Rest Day + MT	14 miles
3	3 miles	3 miles	Rest Day	XT	3 miles	7 miles	Rest Day + MT	16 miles
4	3 miles	4 miles	Rest Day	XT	3 miles	8 miles	Rest Day + MT	18 miles
5	3 miles	4 miles	Rest Day	XT	3 miles	9 miles	Rest Day + MT	19 miles
6	4 miles	4 miles	Rest Day	XT	3 miles	10 miles	Rest Day + MT	21 miles
7	4 miles	4 miles	Rest Day	XT	4 miles	11 miles	Rest Day + MT	23 miles
8	4 miles	5 miles	Rest Day	XT	3 miles	12 miles or Half Marathon	Rest Day + MT	24 miles
9	4 miles	5 miles	Rest Day	XT	4 miles	6 miles	Rest Day + MT	19 miles
10	4 miles	5 miles	Rest Day	XT	4 miles	14 miles	Rest Day + MT	27 miles
11	4 miles	5 miles	Rest Day	XT	5 miles	7 miles	Rest Day + MT	21 miles
12	4 miles	5 miles	Rest Day	XT	4 miles	16 miles	Rest Day + MT	29 miles
13	4 miles	5 miles	Rest Day	XT	5 miles	8 miles	Rest Day + MT	22 miles
14	4 miles	5 miles	Rest Day	XT	4 miles	18 miles	Rest Day + MT	31 miles
15	4 miles	5 miles	Rest Day	XT	5 miles	8 miles	Rest Day + MT	22 miles
16	4 miles	5 miles	Rest Day	XT	4 miles	20 miles	Rest Day + MT	33 miles
17	4 miles	5 miles	Rest Day	XT	5 miles	10 miles	Rest Day + MT	24 miles
18	4 miles	5 miles	Rest Day	XT	4 miles	20 miles	Rest Day + MT	33 miles
19	4 miles	4 miles	Rest Day	XT	4 miles	8 miles	Rest Day + MT	20 miles
20	4 miles	Rest Day	3 miles Begin Carbo-Loading	Rest Day Carbo-Load	Rest Day Carbo-Load + Pre-race Meal	26.2 miles!	Rest Day	33 miles

see ALL-ABOUT-MARATHON-TRAINING.COM for more!

100 day marathon training plan is an effective and structured approach for runners aiming to complete a marathon. Whether you're a beginner looking to finish your first marathon or an experienced runner targeting a personal best, a well-structured training plan can make all the difference. This article will guide you through the essentials of a 100-day marathon training plan, including its components, tips for success, and how to adapt the plan to fit your personal needs.

Understanding the 100 Day Marathon Training

Plan

A 100-day marathon training plan is designed to prepare runners for the physical and mental challenges of a marathon. This plan typically spans approximately 14 weeks, allowing for a gradual increase in mileage and intensity. The key components of this training plan include:

- Long Runs
- Speed Work
- Easy Runs
- Cross-Training
- Rest Days

Each of these elements plays a crucial role in building endurance, speed, and overall fitness, ensuring that runners are well-prepared for race day.

The Components of the Plan

Long Runs

Long runs are the backbone of any marathon training plan. They help build the endurance necessary to cover the marathon distance of 26.2 miles. In a 100-day plan, long runs typically occur once a week, gradually increasing in distance.

- Duration: Start with a distance that you are comfortable with and increase it by about 10% each week.
- Tapering: In the final three weeks leading up to the marathon, reduce your long run distance to allow your body to recover.

Speed Work

Speed work includes intervals, tempo runs, and fartleks, which are essential for improving your pace. Incorporating speed sessions into your training will help you run faster while building strength.

- Intervals: Short bursts of speed followed by recovery periods. For example,

run 800 meters at a fast pace followed by a 400-meter jog.
- Tempo Runs: Sustained efforts at a "comfortably hard" pace, typically lasting 20-40 minutes.

Easy Runs

Easy runs are crucial for recovery and should be done at a relaxed pace. They help build your aerobic base without putting too much strain on your body.

- Frequency: Aim for 2-3 easy runs per week.
- Distance: These runs should be shorter than your long runs, typically ranging from 3-6 miles.

Cross-Training

Cross-training involves engaging in different types of workouts to improve overall fitness and prevent injury. Activities like cycling, swimming, or yoga can be beneficial.

- Benefits: Cross-training helps strengthen muscles that running may not target, improves flexibility, and provides a break from the repetitive nature of running.
- Schedule: Include cross-training sessions 1-2 times a week.

Rest Days

Rest days are as important as training days. They allow your muscles to recover and adapt to the stresses of training.

- Frequency: Incorporate at least one rest day per week, more if you feel fatigued.
- Active Recovery: Consider light activities like walking or stretching on rest days.

Sample 100 Day Marathon Training Schedule

Here’s a sample weekly breakdown for a 100-day marathon training plan:

Week 1

- Monday: Rest
- Tuesday: 3 miles easy run

- Wednesday: Speed Work (5 x 400m intervals)
- Thursday: 3 miles easy run
- Friday: Cross-training (30 minutes)
- Saturday: 5 miles long run
- Sunday: Rest

Week 2

- Monday: Rest
- Tuesday: 4 miles easy run
- Wednesday: Tempo run (20 minutes)
- Thursday: 3 miles easy run
- Friday: Cross-training (40 minutes)
- Saturday: 6 miles long run
- Sunday: Rest

Weeks 3-14

Continue to build upon this structure, gradually increasing your long run distance and incorporating more speed work as you progress through the weeks.

Tips for Success

1. Listen to Your Body: Pay attention to signs of fatigue or injury. Don’t hesitate to take additional rest days if needed.
2. Stay Hydrated: Proper hydration is crucial, especially on long run days.
3. Nutrition: Fuel your body with a balanced diet rich in carbohydrates, proteins, and healthy fats. Consider carb-loading in the week leading up to the marathon.
4. Gear Up: Invest in quality running shoes and gear. Make sure to test your shoes during training runs.
5. Mental Preparation: Include mental training techniques, such as visualization and positive affirmations, to help you stay focused and motivated.

Adapting the Plan to Fit Your Needs

While a 100-day marathon training plan provides a solid framework, it’s essential to tailor it to your individual needs and fitness level. Here are some ways to adapt the plan:

- Adjust Mileage: If you're a beginner, you may want to start with lower mileage and increase at a slower pace.
- Incorporate Strength Training: Adding strength training 1-2 times a week can help improve your running performance and prevent injuries.

- Consider Your Schedule: If you have a busy week, don’t hesitate to shuffle your workouts around or reduce intensity as needed.
- Set Personal Goals: Whether it's simply finishing your first marathon or achieving a certain time, having clear goals will keep you motivated.

Conclusion

Embarking on a **100 day marathon training plan** can be an exciting yet challenging journey. With dedication, proper training, and a willingness to adapt, you can successfully prepare for race day. Remember to listen to your body, prioritize recovery, and enjoy the process. Good luck on your marathon journey!

Frequently Asked Questions

What is a 100 day marathon training plan?

A 100 day marathon training plan is a structured training schedule designed to prepare runners for a marathon over a period of 100 days. It typically includes a mix of long runs, speed work, rest days, and cross-training.

Who should use a 100 day marathon training plan?

This training plan is ideal for intermediate runners who have a base level of fitness and are looking to improve their marathon performance. It's also suitable for beginners who are committed to a longer training period.

What are the key components of a 100 day marathon training plan?

Key components include weekly long runs, tempo runs, interval training, rest days, cross-training activities, and gradual mileage increases to build endurance without risking injury.

How do I adjust a 100 day marathon training plan for my fitness level?

To adjust the plan, you can modify the mileage and intensity of workouts based on your current fitness level, ensuring a gradual increase in training load. Consult a coach or experienced runner for personalized adjustments.

What should I eat while following a 100 day marathon training plan?

Focus on a balanced diet rich in carbohydrates, proteins, and healthy fats. Incorporate whole grains, lean meats, fruits, vegetables, and adequate hydration to support your training and recovery.

How can I prevent injuries while following a 100 day marathon training plan?

Injury prevention strategies include incorporating rest days, listening to your body, using proper running shoes, warming up and cooling down, and cross-training to strengthen different muscle groups.

What should I do the week before the marathon?

During the week before the marathon, taper your runs to reduce mileage, focus on hydration and nutrition, rest adequately, and mentally prepare for race day by visualizing your success.

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