

Marine Corp Marathon Training Plan

Marine Corps Marathon 2013

Race Day: 10/27/13

Training Plan

Week	Session Ending	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Run	Cross	Run	Run	Cross	Run	Run
1	7/14/13	1 Mile Warm-Up 40 Mia @ MAF	45 Mia Bike & Com	1 Mile Warm-Up 40 Mia @ MAF	1 Mile Warm-Up 40 Mia @ MAF	30 Mia Swim & Com	1 Mile Warm-Up 60 Mia @ MAF	OFF
2	7/21/13	1 Mile Warm-Up 40 Mia @ MAF	45 Mia Bike & Com	1 Mile Warm-Up 40 Mia @ MAF	1 Mile Warm-Up 40 Mia @ MAF	30 Mia Swim & Com	1 Mile Warm-Up 70 Mia @ MAF	OFF
3	7/28/13	1 Mile Warm-Up 40 Mia @ MAF	45 Mia Bike & Com	1 Mile Warm-Up 40 Mia @ MAF	1 Mile Warm-Up 40 Mia @ MAF	30 Mia Swim & Com	1 Mile Warm-Up 75 Mia @ MAF	OFF
4	8/4/13	1 Mile Warm-Up 45 Mia @ MAF	60 Mia Bike & Com	1 Mile Warm-Up 45 Mia @ MAF	1 Mile Warm-Up 45 Mia @ MAF	45 Mia Swim & Com	1 Mile Warm-Up 80 Mia @ MAF	OFF
5	8/11/13	1 Mile Warm-Up 50 Mia @ MAF	60 Mia Bike & Com	1 Mile Warm-Up 50 Mia @ MAF	1 Mile Warm-Up 50 Mia @ MAF	45 Mia Swim & Com	1 Mile Warm-Up 100 Mia @ MAF	OFF
6	8/18/13	1 Mile Warm-Up 50 Mia @ MAF	60 Mia Bike & Com	1 Mile Warm-Up 50 Mia @ MAF	1 Mile Warm-Up 50 Mia @ MAF	45 Mia Swim & Com	1 Mile Warm-Up 120 Mia @ MAF	OFF
7	8/25/13	1 Mile Warm-Up 40 Mia @ MAF	45 Mia Bike & Com	1 Mile Warm-Up 40 Mia @ MAF	1 Mile Warm-Up 40 Mia @ MAF	30 Mia Swim & Com	1 Mile Warm-Up 70 Mia @ MAF	OFF
8	9/1/13	1 Mile Warm-Up 45 Mia @ MAF	60 Mia Bike & Com	1 Mile Warm-Up 45 Mia @ MAF	1 Mile Warm-Up 45 Mia @ MAF	45 Mia Swim & Com	1 Mile Warm-Up 130 Mia @ MAF	OFF
9	9/8/13	1 Mile Warm-Up 50 Mia @ MAF	60 Mia Bike & Com	1 Mile Warm-Up 50 Mia @ MAF	1 Mile Warm-Up 50 Mia @ MAF	45 Mia Swim & Com	1 Mile Warm-Up 90 Mia @ MAF	OFF
10	9/15/13	1 Mile Warm-Up 60 Mia @ MAF	75 Mia Bike & Com	1 Mile Warm-Up 60 Mia @ MAF	1 Mile Warm-Up 60 Mia @ MAF	45 Mia Swim & Com	1 Mile Warm-Up 150 Mia @ MAF	OFF
11	9/22/13	1 Mile Warm-Up 45 Mia @ MAF	60 Mia Bike & Com	1 Mile Warm-Up 45 Mia @ MAF	1 Mile Warm-Up 45 Mia @ MAF	45 Mia Swim & Com	1 Mile Warm-Up 170 Mia @ MAF	OFF
12	9/29/13	1 Mile Warm-Up 60 Mia @ MAF	75 Mia Bike & Com	1 Mile Warm-Up 60 Mia @ MAF	1 Mile Warm-Up 60 Mia @ MAF	45 Mia Swim & Com	1 Mile Warm-Up 130 Mia @ MAF	OFF
13	10/6/13	1 Mile Warm-Up 75 Mia @ MAF	75 Mia Bike & Com	1 Mile Warm-Up 75 Mia @ MAF	1 Mile Warm-Up 75 Mia @ MAF	45 Mia Swim & Com	1 Mile Warm-Up 180 Mia @ MAF	OFF
14	10/13/13	1 Mile Warm-Up 60 Mia @ MAF	75 Mia Bike & Com	1 Mile Warm-Up 60 Mia @ MAF	1 Mile Warm-Up 60 Mia @ MAF	45 Mia Swim & Com	1 Mile Warm-Up 200 Mia @ MAF	OFF
15	10/20/13	1 Mile Warm-Up 45 Mia @ MAF	60 Mia Bike & Com	1 Mile Warm-Up 45 Mia @ MAF	1 Mile Warm-Up 45 Mia @ MAF	45 Mia Swim & Com	1 Mile Warm-Up 100 Mia @ MAF	OFF
16	10/27/13	1 Mile Warm-Up 30 Mia @ MAF	Com	REST	30 Mia @ MAF	Com	1 Mile Warm-Up 30 Mia @ MAF	RACE DAY

Marine Corps Marathon training plan is an essential preparation guide for runners aiming to conquer one of the most prestigious marathons in the United States. The Marine Corps Marathon (MCM), also known as "The People's Marathon," offers a unique experience that blends a challenging course with military camaraderie, stunning scenery, and enthusiastic support. To successfully complete this marathon, runners need a well-structured training plan that not only builds endurance but also enhances strength, flexibility, and mental toughness. In this article, we will explore a comprehensive training plan tailored for participants of varying experience levels, along with tips to maximize performance and enjoyment on race day.

Understanding the Marine Corps Marathon

Before diving into the training plan, it's important to understand what makes the Marine Corps Marathon unique:

Race Overview

- Distance: 26.2 miles
- Location: Washington, D.C. and Arlington, Virginia
- Time of Year: Typically held in October
- Registration: Opens in March and often sells out quickly
- Participants: Attracts over 30,000 runners from all over the world

Course Features

- Scenic views of iconic landmarks such as the U.S. Capitol, Lincoln Memorial, and Arlington National Cemetery
- A mostly flat course, though there are some challenging sections
- Cheer zones and water stations provided by the Marine Corps and enthusiastic spectators

Training Schedule

A well-structured Marine Corps Marathon training plan generally spans 16 to 20 weeks, depending on your current fitness level and running experience. Below is a sample training schedule that caters to beginners, intermediate, and advanced runners.

Weekly Training Structure

1. Long Runs: Build endurance with a progressively longer run each week, typically on Saturdays.
2. Short Runs: Include 2-3 shorter runs during the week to maintain fitness and improve speed.
3. Cross-Training: Engage in low-impact activities such as cycling, swimming, or yoga to enhance overall fitness without overstraining your running muscles.
4. Rest Days: Allow your body to recover and adapt to the training load.

Sample 16-Week Training Plan

Week 1-4: Base Building

- Monday: Rest day
- Tuesday: 3 miles easy run
- Wednesday: Cross-training (30-45 minutes)
- Thursday: 3 miles easy run
- Friday: Rest day
- Saturday: Long run (start at 6 miles, increasing to 8 miles by week 4)
- Sunday: Cross-training (45-60 minutes)

Week 5-8: Increasing Mileage

- Monday: Rest day
- Tuesday: 4 miles easy run
- Wednesday: Cross-training (45-60 minutes)
- Thursday: 4 miles tempo run
- Friday: Rest day
- Saturday: Long run (start at 10 miles, increasing to 12 miles by week 8)

- Sunday: Cross-training (60 minutes)

Week 9-12: Peak Training

- Monday: Rest day
- Tuesday: 5 miles easy run
- Wednesday: Cross-training (60 minutes)
- Thursday: 5 miles tempo run
- Friday: Rest day
- Saturday: Long run (start at 14 miles, increasing to 18 miles by week 12)
- Sunday: Cross-training (60-75 minutes)

Week 13-16: Tapering

- Monday: Rest day
- Tuesday: 4 miles easy run
- Wednesday: Cross-training (30-45 minutes)
- Thursday: 3 miles easy run
- Friday: Rest day
- Saturday: Long run (begin tapering from 20 miles down to 8 miles)
- Sunday: Cross-training (30 minutes)

Key Components of a Successful Training Plan

To enhance the effectiveness of your Marine Corps Marathon training plan, consider the following key components:

1. Nutrition

- Hydration: Stay well-hydrated before, during, and after your runs.
- Balanced Diet: Focus on a diet rich in carbohydrates, proteins, and healthy fats to fuel your training.
- Pre-Run Fuel: Consume easily digestible snacks like bananas or energy gels before long runs.

2. Strength Training

Incorporate strength training exercises at least twice a week to build core stability and prevent injuries. Some effective exercises include:

- Squats
- Lunges
- Planks
- Deadlifts
- Push-ups

3. Flexibility and Recovery

- Stretching: Incorporate dynamic stretches before runs and static stretches afterward to improve flexibility.
- Foam Rolling: Use a foam roller to alleviate muscle tightness and soreness.
- Sleep: Aim for 7-8 hours of quality sleep per night to support recovery.

4. Mental Preparation

Mental toughness is crucial for marathon success. To build mental strength:

- Visualization: Picture yourself crossing the finish line, achieving your goals.
- Mindfulness: Practice mindfulness or meditation to reduce anxiety and enhance focus.
- Set Goals: Establish realistic and achievable goals for the race.

Race Day Preparation

As you approach race day, it's important to plan strategically to maximize performance.

1. Tapering Strategy

During the last few weeks leading up to the race, gradually reduce your mileage. This tapering phase allows your body to recover while maintaining fitness.

2. Race Day Logistics

- Gear: Choose comfortable, weather-appropriate clothing and shoes you've trained in.
- Arrive Early: Plan to arrive at the race venue early to avoid last-minute stress and ensure you have time for warm-ups.
- Warm-Up: Perform light stretches and a short, easy jog to prepare your muscles.

3. Pacing and Strategy

- Start Slow: Stick to your planned pace during the first half of the race to

conserve energy.

- **Stay Hydrated:** Take advantage of water stations, and keep a consistent hydration strategy.

- **Listen to Your Body:** Be aware of any signs of fatigue or distress and adjust your pace accordingly.

Conclusion

A well-designed Marine Corps Marathon training plan can mean the difference between a challenging but enjoyable race and a frustrating experience. By following a structured training schedule, focusing on nutrition and recovery, and mentally preparing for the race, you will be setting yourself up for a successful marathon experience. Remember that preparation is not just about the physical aspect; mental readiness plays a significant role in achieving your marathon goals. Embrace the journey, enjoy the camaraderie of fellow runners, and take pride in your accomplishment, whether you are running your first marathon or adding another medal to your collection.

Frequently Asked Questions

What is the recommended duration for a Marine Corps Marathon training plan?

A typical Marine Corps Marathon training plan lasts between 16 to 20 weeks, allowing sufficient time for gradual mileage buildup and recovery.

What is the ideal weekly mileage for a beginner training for the Marine Corps Marathon?

Beginners should aim for a weekly mileage of around 20 to 30 miles, gradually increasing their long run each week to prepare for the 26.2-mile race.

How many long runs should I include in my Marine Corps Marathon training plan?

Most training plans recommend 4 to 6 long runs, gradually increasing in distance, peaking at 18 to 20 miles about 3 to 4 weeks before the marathon.

What type of cross-training is beneficial during Marine Corps Marathon training?

Low-impact activities such as cycling, swimming, and strength training are beneficial for building endurance and preventing injury during marathon training.

Should I include speed work in my Marine Corps Marathon training?

Yes, incorporating speed work such as tempo runs and interval training can help improve your overall pace and stamina for the marathon.

How can I prevent injuries during my Marine Corps Marathon training?

To prevent injuries, ensure proper warm-up and cooldown routines, listen to your body, incorporate rest days, and gradually increase mileage.

What nutrition strategies should I follow during Marine Corps Marathon training?

Focus on a balanced diet rich in carbohydrates, proteins, and healthy fats, and practice fueling during long runs with gels, chews, or other easily digestible sources.

How important is hydration during my training for the Marine Corps Marathon?

Hydration is crucial; aim to drink water regularly throughout your training and consider electrolyte drinks during long runs to maintain performance.

What are the key tapering strategies before the Marine Corps Marathon?

Tapering involves gradually reducing your mileage in the last 2 to 3 weeks before the race, focusing on rest, nutrition, and light runs to ensure you arrive well-rested.

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