

Quarter Marathon Training Plan

20 WEEK BEGINNER MARATHON TRAINING PLAN

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	Pace Run 2.5 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	7 mile long run
2	Rest Day	Pace Run 2.5 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	8 mile long run
3	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	9 mile long run
4	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	6 mile long run
5	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	11 mile long run
6	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	12 mile long run
7	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	9 mile long run
8	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	15 mile long run
9	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	16 mile long run
10	Rest Day	Pace Run 4 miles	Training Run 6 miles	Rest Day	Training Run 5 miles	Strength Training	13.1 mile half marathon
11	Rest Day	Pace Run 4 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	17 mile long run
12	Rest Day	Pace Run 4 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	18 mile long run
13	Rest Day	Pace Run 5 miles	Training Run 7 miles	Rest Day	Training Run 6 miles	Strength Training	16 mile long run
14	Rest Day	Pace Run 5 miles	Training Run 7 miles	Rest Day	Training Run 6 miles	Strength Training	19 mile long run
15	Rest Day	Pace Run 5 miles	Training Run 7 miles	Rest Day	Training Run 6 miles	Strength Training	13.1 mile half marathon
16	Rest Day	Pace Run 5 miles	Training Run 8 miles	Rest Day	Training Run 6 miles	Strength Training	18 mile long run
17	Rest Day	Pace Run 5 miles	Training Run 8 miles	Rest Day	Training Run 6 miles	Strength Training	20 mile long run
18	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	13 mile long run
19	Rest Day	Pace Run 2 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	8 mile long run
20	Rest Day	Training Run 3 miles	Rest Day	Easy Run 3 miles	Rest Day	2 mile run easy pace	Marathon 26.2 miles

Training Runs should be done at a comfortable, sustainable pace: 3-4 out of 10 in terms of Rate of Perceived Exertion (RPE).

Pace Runs should be done at your target race pace if you have one, or slightly harder than your regular training runs. 5 out of 10 RPE.

Long Runs should be done at an easy and conversational pace: 2-3 out of 10 RPE.

Strength Training: we recommend compound exercises using weights, like deadlifts, squats, lunges.

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MARATHON HANDBOOK

Quarter marathon training plan is an excellent way to prepare for a race that is gaining popularity among runners of all levels. A quarter marathon, which is approximately 6.55 miles (10.55 kilometers), offers a challenging yet achievable goal for those who may find a full marathon intimidating. Whether you are a seasoned runner or a beginner looking to improve your fitness, a well-structured training plan can help you reach your goals and enjoy the journey. This article will outline a comprehensive

quarter marathon training plan, tips for success, and additional considerations to enhance your training experience.

Understanding the Quarter Marathon

The quarter marathon is often seen as a stepping stone between shorter races, such as 5Ks, and longer distances like half marathons. The distance presents unique challenges that require specific training strategies. Before diving into a training plan, it's essential to understand the following:

- **Distance:** A quarter marathon is 6.55 miles (10.55 kilometers), which requires a combination of endurance and speed.
- **Time Commitment:** Depending on your current fitness level, training for a quarter marathon typically takes 6-12 weeks.
- **Goals:** Define your goals, whether it's to finish the race, achieve a personal best, or enjoy the experience.

Quarter Marathon Training Plan Overview

A successful training plan should incorporate a mix of running, cross-training, strength training, and rest days. Below, we outline a 12-week training plan for a quarter marathon, assuming a baseline of running 2-3 miles comfortably.

Weekly Structure

Each week of the training plan typically includes:

1. Long Run: Building endurance with a gradual increase in distance.
2. Short Runs: Incorporating speed work and recovery runs.
3. Cross-Training: Engaging in low-impact activities to improve overall fitness.
4. Strength Training: Enhancing muscle strength to support running.
5. Rest Days: Allowing the body to recover and prevent injuries.

12-Week Training Plan

Here's a sample 12-week quarter marathon training plan:

1. Week 1:

- Long Run: 3 miles
- Short Run: 2 miles (easy pace)
- Cross-Training: 30 minutes (cycling, swimming, etc.)
- Strength Training: 20 minutes (focus on core and legs)
- Rest: 2 days

2. Week 2:

- Long Run: 4 miles
- Short Run: 2 miles (easy pace)
- Cross-Training: 30 minutes
- Strength Training: 20 minutes
- Rest: 2 days

3. Week 3:

- Long Run: 4 miles
- Short Run: 3 miles (easy pace)
- Cross-Training: 30 minutes
- Strength Training: 20 minutes
- Rest: 2 days

4. Week 4:

- Long Run: 5 miles

- Short Run: 3 miles (easy pace)
- Cross-Training: 30 minutes
- Strength Training: 20 minutes
- Rest: 2 days

5. Week 5:

- Long Run: 5 miles
- Short Run: 3 miles (tempo run)
- Cross-Training: 30 minutes
- Strength Training: 20 minutes
- Rest: 2 days

6. Week 6:

- Long Run: 6 miles
- Short Run: 3 miles (easy pace)
- Cross-Training: 30 minutes

- Strength Training: 20 minutes
- Rest: 2 days

7. Week 7:

- Long Run: 6 miles
- Short Run: 4 miles (tempo run)
- Cross-Training: 30 minutes
- Strength Training: 20 minutes
- Rest: 2 days

8. Week 8:

- Long Run: 7 miles
- Short Run: 4 miles (easy pace)
- Cross-Training: 30 minutes
- Strength Training: 20 minutes
- Rest: 2 days

9. Week 9:

- Long Run: 7 miles
- Short Run: 4 miles (tempo run)
- Cross-Training: 30 minutes
- Strength Training: 20 minutes
- Rest: 2 days

10. Week 10:

- Long Run: 8 miles
- Short Run: 4 miles (easy pace)
- Cross-Training: 30 minutes
- Strength Training: 20 minutes
- Rest: 2 days

11. Week 11:

- Long Run: 8 miles
- Short Run: 5 miles (tempo run)
- Cross-Training: 30 minutes
- Strength Training: 20 minutes
- Rest: 2 days

12. Week 12:

- Long Run: 6 miles (taper)
- Short Run: 3 miles (easy pace)
- Rest: 2 days
- Race Day: Complete the quarter marathon!

Tips for Successful Training

As you embark on your quarter marathon training journey, consider the following tips to enhance your

experience and performance:

1. Listen to Your Body

Pay attention to your body's signals. If you feel pain or excessive fatigue, it's crucial to adjust your training plan. Taking rest days or reducing mileage can help prevent injuries.

2. Fuel Properly

Nutrition plays a significant role in your training. Focus on a balanced diet rich in carbohydrates, proteins, and healthy fats. Hydration is equally important; ensure you drink enough water, especially during long runs.

3. Invest in Proper Gear

Having the right running shoes and comfortable clothing can make a significant difference in your training. Visit a specialty running store to get fitted for shoes that suit your running style.

4. Incorporate Flexibility and Mobility Work

Incorporate stretching, yoga, or foam rolling into your routine to enhance flexibility and reduce the risk of injury. This will help your muscles recover and improve your overall performance.

5. Join a Running Group

Training with others can provide motivation and accountability. Consider joining a local running club or finding a training partner who shares your goals.

Additional Considerations

As you prepare for your quarter marathon, keep in mind the following additional factors:

1. Mental Preparation

Mental toughness is crucial for race day success. Practice visualization techniques and positive self-talk to build confidence. Familiarize yourself with the race course and conditions to mentally prepare for the challenge.

2. Race Day Strategy

Plan your race day strategy, including pacing, hydration, and nutrition. Arrive early to avoid stress and allow time for a proper warm-up.

3. Enjoy the Experience

Finally, remember to enjoy the process. Celebrate your progress and the

Frequently Asked Questions

What is a quarter marathon distance?

A quarter marathon is 6.55 miles (10.55 kilometers), which is one-fourth of a full marathon.

How long should a quarter marathon training plan last?

A typical quarter marathon training plan should last between 6 to 8 weeks, allowing adequate time to build endurance and speed.

What type of workouts should be included in a quarter marathon training plan?

A comprehensive training plan should include long runs, tempo runs, interval training, and rest days to enhance endurance, speed, and recovery.

How many days a week should I train for a quarter marathon?

Most training plans suggest running 3 to 5 days a week, depending on your fitness level and experience.

Should I include cross-training in my quarter marathon training plan?

Yes, including cross-training activities like cycling, swimming, or strength training can improve overall fitness and reduce the risk of injury.

What should I focus on in the final week before a quarter marathon?

In the final week, focus on tapering your mileage, maintaining hydration, and ensuring you rest adequately to prepare for race day.

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Quarter Marathon Training Plan

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"Ready to conquer your first race? Discover our comprehensive quarter marathon training plan designed for all skill levels. Learn more and start your journey today!"

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