

Runners World Marathon Training Plan

RUNNERS WORLD

CHALLENGE

Your Best Marathon Plan

An intermediate plan, developed by coach Janet Hamilton with RW experts, for those who have run a marathon and log 25 weekly miles. Find other options at runnersworld.com/trainingplans.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	Rest	3 miles easy	5 miles hills	Rest	5 miles easy	3 miles easy	9 miles LSD	25 miles
2	Rest	3 miles easy	6 miles hills	Rest	6 miles easy	3 miles easy	9 miles LSD	27 miles
3	Rest	4 miles easy	6 miles hills	Rest	6 miles easy	3 miles easy	11 miles LSD	30 miles
4	Rest	4 miles easy	6 miles hills	Rest	6 miles easy	3 miles easy	10 miles LSD	29 miles
5	Rest	4 miles easy	7 miles hills	Rest	6 miles with 2 miles @ MP	3 miles easy	13 miles LSD	33 miles
6	Rest	4 miles easy	7 miles hills	Rest	6 miles with 3 miles @ MP	4 miles easy	14 miles LSD	35 miles
7	Rest	4 miles easy	8 miles hills	Rest	7 miles with 3 miles @ MP	4 miles easy	16 miles LSD	39 miles
8	Rest	4 miles easy	Hill Repeats: 8 miles with 8 hill repeats	Rest	7 miles with 4 miles @ MP	4 miles easy	14 miles LSD or half-marathon	37 miles
9	Rest	4 miles easy	Mile Repeats: 8 miles with 3 x 1 mile	Rest	9 miles with 6 miles @ MP	3 miles easy	18 miles LSD	42 miles
10	Rest	4 miles easy	Yasso 800s: 9 miles with 4 x 800	Rest	10 miles with 7 miles @ MP	Rest	20 miles LSD	43 miles
11	Rest	4 miles easy	9 miles easy	Rest	10 miles with 8 miles @ MP	4 miles easy	20 miles LSD	47 miles
12	Rest	4 miles easy	Mile Repeats: 9 miles with 4 x 1 mile	Rest	7 miles with 5 miles @ MP	8 miles easy	15 miles LSD	43 miles
13	Rest	5 miles easy	Yasso 800s: 10 miles with 6 x 800	Rest	10 miles with 8 miles @ MP	4 miles easy	22 miles LSD	51 miles
14	Rest	5 miles easy	Mile Repeats: 9 miles with 3 x 1 mile	Rest	9 miles with 4 miles @ MP	4 miles easy	16 miles LSD	43 miles
15	Rest	4 miles easy	6 miles easy	Rest	6 miles with 3 miles @ MP	4 miles easy	12 miles LSD	32 miles
16	Rest	4 miles easy	Rest	Rest	Rest	3 miles very easy	RACE DAY	33.2 miles

KEY → Rest No exercise at all or nonimpact cross-training, yoga, or swimming. Easy Run at a conversational pace, rest, or cross-train with a sustained aerobic effort. Hills Run the hilliest course you can find, sustaining an even effort as you climb and descend. Hill Repeats Find a hill that takes at least two minutes to climb; mark off a short repeat halfway up from the bottom. Warm up for two miles, then run to the short mark three or four times. Jog down to recover. Then run to the top, jog down to the short mark, then sprint to the bottom (without slapping your feet). Repeat three or four times. Finish with three or four sprints up to the short mark. Cool down with two easy miles. Mile Repeats Warm up for one mile, then run one mile at 10-K pace. Jog a half-mile. Repeat as directed. Cool down with one easy mile. LSD Long, slow distance runs build endurance. Run them at one to two minutes slower than marathon goal pace. MP Marathon goal pace. Warm up for one mile, then run your target speed. Cool down with one easy mile. Yasso 800s Warm up with easy running, then run 800 meters at the given time that's "equal" to your marathon time. So if your goal is a 3:45 marathon and the workout calls for "9 miles with 6 x Yasso 800," run 6 x 800, and run each 800 in 3 minutes and 45 seconds. Recover with 400 meters of jogging and walking. Then repeat the cycle. Cool down with easy running.

Your First Day

Here's when to begin training for one of these fall marathons

MARATHON	RACE DAY	START
Chicago	10/7	6/18
Portland	10/7	6/18
Twin Cities	10/7	6/18
Marine Corps	10/28	7/9
New York City	11/4	7/16
Philadelphia	11/18	7/30

RUNNERS WORLD MARATHON TRAINING PLAN IS A COMPREHENSIVE TRAINING PROGRAM DESIGNED TO HELP RUNNERS OF ALL LEVELS PREPARE FOR A MARATHON. WHETHER YOU ARE A BEGINNER LOOKING TO COMPLETE YOUR FIRST MARATHON OR AN EXPERIENCED RUNNER AIMING TO ACHIEVE A PERSONAL BEST, THE RUNNERS WORLD MARATHON TRAINING PLAN OFFERS TAILORED STRATEGIES TO MEET YOUR GOALS. THIS ARTICLE EXPLORES THE KEY COMPONENTS OF THE PLAN, ITS BENEFITS, AND TIPS FOR SUCCESSFUL MARATHON TRAINING.

UNDERSTANDING THE RUNNERS WORLD MARATHON TRAINING PLAN

THE RUNNERS WORLD MARATHON TRAINING PLAN IS BUILT ON YEARS OF EXPERT KNOWLEDGE AND PRACTICAL EXPERIENCE. IT IS STRUCTURED TO ACCOMMODATE VARYING FITNESS LEVELS, RUNNING EXPERIENCE, AND RACE GOALS. THE PLAN TYPICALLY SPANS SEVERAL WEEKS, ALLOWING RUNNERS TO BUILD ENDURANCE, IMPROVE SPEED, AND DEVELOP A STRONG MENTAL APPROACH TO RACE DAY.

KEY COMPONENTS OF THE PLAN

1. **WEEKLY MILEAGE:** THE PLAN OUTLINES A GRADUAL INCREASE IN WEEKLY MILEAGE, HELPING RUNNERS ADAPT PHYSICALLY AND MENTALLY TO THE DEMANDS OF MARATHON TRAINING. THIS PROGRESSIVE APPROACH REDUCES THE RISK OF INJURY WHILE PROMOTING ENDURANCE.
2. **LONG RUNS:** CENTRAL TO ANY MARATHON TRAINING PROGRAM, LONG RUNS ARE SCHEDULED WEEKLY TO HELP RUNNERS BUILD THE STAMINA NECESSARY FOR RACE DAY. THESE RUNS ARE TYPICALLY PERFORMED AT A SLOWER PACE, ALLOWING RUNNERS TO PRACTICE FUELING STRATEGIES AND MENTAL TOUGHNESS.
3. **SPEED WORK:** INCORPORATING SPEED WORKOUTS LIKE INTERVALS AND TEMPO RUNS HELPS IMPROVE RUNNING EFFICIENCY AND PACE. THESE SESSIONS ARE DESIGNED TO ENHANCE CARDIOVASCULAR FITNESS AND INCREASE OVERALL SPEED.
4. **REST AND RECOVERY:** THE PLAN EMPHASIZES THE IMPORTANCE OF REST DAYS AND RECOVERY RUNS. ADEQUATE RECOVERY IS CRUCIAL FOR MUSCLE REPAIR AND OVERALL PERFORMANCE IMPROVEMENT.
5. **CROSS-TRAINING:** THE RUNNERS WORLD PLAN OFTEN SUGGESTS CROSS-TRAINING ACTIVITIES, SUCH AS CYCLING OR SWIMMING, TO IMPROVE OVERALL FITNESS AND REDUCE THE RISK OF INJURY BY GIVING SPECIFIC MUSCLE GROUPS A BREAK.

BENEFITS OF THE RUNNERS WORLD MARATHON TRAINING PLAN

IMPLEMENTING THE RUNNERS WORLD MARATHON TRAINING PLAN IN YOUR PREPARATION CAN YIELD NUMEROUS BENEFITS:

1. STRUCTURED APPROACH

ONE OF THE PRIMARY ADVANTAGES OF THE RUNNERS WORLD PLAN IS ITS STRUCTURED FORMAT. RUNNERS CAN EASILY FOLLOW THE SCHEDULE, WHICH INCLUDES DETAILED WORKOUTS AND REST DAYS, MAKING IT SUITABLE FOR THOSE WHO THRIVE ON ORGANIZATION.

2. FLEXIBILITY

THE PLAN CAN BE ADAPTED BASED ON INDIVIDUAL NEEDS. WHETHER YOU ARE TRAINING FOR A SPECIFIC MARATHON DATE OR WISH TO ADJUST THE TRAINING INTENSITY, THE PROGRAM ALLOWS FOR MODIFICATIONS TO MATCH YOUR LIFESTYLE AND FITNESS LEVEL.

3. EXPERT GUIDANCE

DEVELOPED BY EXPERIENCED COACHES AND PROFESSIONAL RUNNERS, THE RUNNERS WORLD MARATHON TRAINING PLAN OFFERS INSIGHTS THAT CAN ONLY COME FROM YEARS OF EXPERIENCE. THIS EXPERT GUIDANCE HELPS RUNNERS AVOID COMMON PITFALLS AND ENHANCES THEIR TRAINING EFFICIENCY.

4. COMMUNITY SUPPORT

MANY RUNNERS WHO FOLLOW THE RUNNERS WORLD PLAN BENEFIT FROM THE COMMUNITY ASPECT. ENGAGING WITH FELLOW RUNNERS THROUGH ONLINE FORUMS OR LOCAL RUNNING CLUBS CAN PROVIDE MOTIVATION, ACCOUNTABILITY, AND CAMARADERIE.

TIPS FOR SUCCESSFUL MARATHON TRAINING

SUCCESSFULLY COMPLETING THE RUNNERS WORLD MARATHON TRAINING PLAN REQUIRES DEDICATION AND SMART TRAINING STRATEGIES. HERE ARE SOME TIPS TO HELP YOU MAKE THE MOST OF YOUR TRAINING:

1. SET REALISTIC GOALS

BEFORE YOU BEGIN YOUR TRAINING, IT'S ESSENTIAL TO SET REALISTIC AND ACHIEVABLE GOALS. CONSIDER YOUR CURRENT FITNESS LEVEL, RUNNING EXPERIENCE, AND AVAILABLE TIME FOR TRAINING. WHETHER IT'S FINISHING THE MARATHON OR ACHIEVING A SPECIFIC TIME, HAVING CLEAR GOALS WILL KEEP YOU MOTIVATED.

2. INVEST IN PROPER GEAR

HAVING THE RIGHT RUNNING SHOES AND APPAREL IS CRUCIAL FOR YOUR TRAINING. VISIT A SPECIALIZED RUNNING STORE TO GET FITTED FOR SHOES THAT SUIT YOUR GAIT AND FOOT TYPE. INVESTING IN MOISTURE-WICKING CLOTHING CAN ENHANCE COMFORT DURING LONG RUNS.

3. PRACTICE NUTRITION AND HYDRATION

UNDERSTANDING YOUR NUTRITIONAL NEEDS IS VITAL FOR MARATHON TRAINING. EXPERIMENT WITH DIFFERENT FUELING STRATEGIES DURING LONG RUNS TO DETERMINE WHAT WORKS BEST FOR YOU. MAKE SURE TO STAY HYDRATED BEFORE, DURING, AND AFTER YOUR RUNS.

4. LISTEN TO YOUR BODY

WHILE FOLLOWING THE RUNNERS WORLD MARATHON TRAINING PLAN, PAY CLOSE ATTENTION TO YOUR BODY'S SIGNALS. IF YOU EXPERIENCE PAIN OR FATIGUE, DON'T HESITATE TO TAKE AN EXTRA REST DAY OR MODIFY YOUR TRAINING. PRIORITIZING YOUR HEALTH WILL LEAD TO BETTER LONG-TERM RESULTS.

5. STAY CONSISTENT

CONSISTENCY IS KEY IN MARATHON TRAINING. STICK TO YOUR TRAINING SCHEDULE AS CLOSELY AS POSSIBLE, AND MAKE RUNNING A REGULAR PART OF YOUR ROUTINE. IF YOU MISS A WORKOUT, DON'T GET DISCOURAGED—JUST KEEP MOVING FORWARD.

6. TAPER BEFORE RACE DAY

AS RACE DAY APPROACHES, IT'S ESSENTIAL TO TAPER YOUR MILEAGE. THIS PERIOD ALLOWS YOUR BODY TO RECOVER AND REPLENISH ENERGY STORES. FOLLOW THE TAPERING GUIDELINES PROVIDED IN THE RUNNERS WORLD PLAN TO ENSURE YOU ARRIVE AT THE STARTING LINE FEELING FRESH AND READY.

CONCLUSION

IN SUMMARY, THE RUNNERS WORLD MARATHON TRAINING PLAN IS A VALUABLE RESOURCE FOR RUNNERS AIMING TO COMPLETE A

MARATHON EFFICIENTLY AND EFFECTIVELY. ITS STRUCTURED APPROACH, EXPERT GUIDANCE, AND COMMUNITY SUPPORT EQUIP YOU WITH EVERYTHING YOU NEED FOR A SUCCESSFUL TRAINING CYCLE. BY FOLLOWING THE PLAN AND INCORPORATING THE TIPS OUTLINED IN THIS ARTICLE, YOU CAN ENHANCE YOUR MARATHON TRAINING EXPERIENCE AND ACHIEVE YOUR RUNNING GOALS. WHETHER IT'S YOUR FIRST MARATHON OR YOUR TENTH, EVERY TRAINING CYCLE IS AN OPPORTUNITY TO LEARN, GROW, AND ENJOY THE JOURNEY OF RUNNING.

FREQUENTLY ASKED QUESTIONS

WHAT IS THE RUNNERS WORLD MARATHON TRAINING PLAN?

THE RUNNERS WORLD MARATHON TRAINING PLAN IS A STRUCTURED PROGRAM DESIGNED TO HELP RUNNERS PREPARE FOR A MARATHON, FOCUSING ON BUILDING ENDURANCE, SPEED, AND OVERALL FITNESS OVER A SPECIFIED TRAINING PERIOD.

HOW LONG IS THE TYPICAL RUNNERS WORLD MARATHON TRAINING PLAN?

MOST RUNNERS WORLD MARATHON TRAINING PLANS SPAN 16 TO 20 WEEKS, ALLOWING SUFFICIENT TIME FOR GRADUAL MILEAGE BUILDUP AND RECOVERY.

WHAT ARE THE KEY COMPONENTS OF THE RUNNERS WORLD MARATHON TRAINING PLAN?

KEY COMPONENTS INCLUDE LONG RUNS, SPEED WORKOUTS, TEMPO RUNS, REST DAYS, AND CROSS-TRAINING SESSIONS TO ENHANCE OVERALL PERFORMANCE AND REDUCE INJURY RISK.

CAN BEGINNERS USE THE RUNNERS WORLD MARATHON TRAINING PLAN?

YES, RUNNERS WORLD OFFERS BEGINNER-FRIENDLY TRAINING PLANS THAT PROVIDE A GRADUAL PROGRESSION TO HELP NOVICE RUNNERS PREPARE FOR THEIR FIRST MARATHON.

WHAT SHOULD I DO IF I MISS A TRAINING RUN IN THE RUNNERS WORLD PLAN?

IF YOU MISS A TRAINING RUN, IT'S BEST TO NOT TRY TO MAKE IT UP IMMEDIATELY. INSTEAD, CONTINUE WITH THE PLAN AS SCHEDULED TO AVOID OVERTRAINING AND INJURY.

HOW DOES THE RUNNERS WORLD MARATHON TRAINING PLAN ACCOMMODATE DIFFERENT FITNESS LEVELS?

THE PLAN INCLUDES VARIOUS LEVELS, SUCH AS BEGINNER, INTERMEDIATE, AND ADVANCED, WITH TAILORED MILEAGE AND WORKOUT INTENSITIES TO SUIT EACH RUNNER'S EXPERIENCE AND GOALS.

ARE THERE NUTRITION GUIDELINES INCLUDED IN THE RUNNERS WORLD MARATHON TRAINING PLAN?

YES, THE PLAN OFTEN INCLUDES NUTRITION TIPS TO OPTIMIZE ENERGY LEVELS, RECOVERY, AND OVERALL PERFORMANCE, EMPHASIZING THE IMPORTANCE OF PROPER FUELING BEFORE, DURING, AND AFTER RUNS.

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Hallo zusammen, ein kleiner Hilferuf. Ich habe in einer Wettkampfsreihe Beschwerden im linken Fuß überlaufen und nun die Quittung. Nach dem letzten Rennen konnte

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