

TRAINING PHASES	GOALS / COMMENTS
BASE BUILDING	During the Base Building Phase Runners build strength and the endurance necessary to run a marathon. Training mileage follows a schedule designed to build mileage slowly and comfortably to the level where your body can tolerate the necessary "Long Runs" on Saturday or Sunday. The training objective is to build endurance <u>NOT</u> speed. In fact running most miles at an easy pace will help develop metabolic pathways to encourage fat burning rather than tapping glycogen stores only.
SHARPENING	During the Sharpening Phase all runners will continue to build your body for long run endurance and in for Experienced Marathoners additional runs to work on pace and strengthening will be introduced to improve on leg turnover and speed. Note: First Time Marathoners should not worry about improving speed (to avoid injury) your training should concentrate on endurance building only. Experienced Marathoners can benefit from pace and strength training to improve running economy and speed during the latter miles of a marathon. This is done by incorporating the following types of runs into one or two of their weekly runs: Tempo Run, Marathon Goal Pace Runs, Speed Work (e.g. short distance intervals on a track), Fartleks and Hill Sprints to name a few. Consult with your Coach for recommended runs and details on how to incorporate these into your plan.
TAPERING	The Tapering Phase is very critical to maximize performance on marathon day. The goal of the Taper phase is to steadily decrease total weekly running miles - most notably the Long Run distance to allow your body to fully recover over the last two weeks before your Marathon Day. Replenishing the body with Carbs is also done with "Carbo-Loading" over a 2 to 3 day period about 3 to 4 days prior to Marathon Day.
RECOVERY	The final phase is the Recovery Phase where the Marathoner allows the leg muscles and body to recover from the Marathon. Depending on the runners marathon history it may take 4 to 7 days or up to 3 weeks for their body to mend all the micro-fiber tears in the leg muscles. This is a time to rest and enjoy in your tremendous accomplishment and to ease back into running again very slowly.

ABBREVIATION KEY	
"R/XT"	Rest or Cross Train: Take a rest day off from running to allow your leg muscles to recover (this helps to reduce risk of over use injury). Consider doing some light to moderate intensity cross-training such as yoga, swimming or biking . Weight training and core exercise workouts can also be done to work on different muscle groups and rest your legs
LRP	Long Run Pace. All Long Runs should be done at a Slow Pace for example at a minimum of 45 sec to 1.5 min slower per mile than Marathon Goal Pace (see below). <u>First Time Marathoners</u> - this is at a Conversational Pace, e.g., at a speed you can freely talk to your running partner, sing or whistle without getting winded or experience shortness of breath.
MGP	Marathon Goal Pace. This is the pace (minutes per mile) you plan to maintain during the entire marathon run. During some Training Runs you may practice running at this pace as noted in the Training Plan. Note always start with a 1 mile warm-up and finish with a 1 mile cool down at an easy pace - only the middle miles are done at MGP.
TEMPO	TEMPO Runs - are done to build body stamina to be able to maintain your Marathon Goal Pace over longer time periods. Your TEMPO Pace is generally 15 - 30 seconds faster per mile than you marathon goal pace. A Tempo Training run should always start and finish with a 1 (to 2) mile warm-up and a 1 (to 2) mile cool down at an <u>Easy</u> pace. Only the middle portion miles are done at TEMPO pace as noted in the Training plan. Generally the miles at TEMPO pace start small, e.g. 3 miles and over time slowly build to 6 to 7 miles. <u>Note - running at a faster pace increases risk of injury. Speed work outs/runs are not recommended for the First Time Marathoner.</u> Consult with your coach to determine your TEMPO pace
HS	Hill Sprints - are done to build Leg strength and stamina. This workout can be incorporated within a weekly run again after a 1 to 2 mile warm up at an easy pace. Find a short ~0.25 mile hill and sprint up it at 85-90 % effort level - resting or slowly jogging for 1 to 2 min after each interval (or longer if needed to fully recover your breathing). Start with only 2 - 3 intervals and build to 6 - 8 repetitions over many weeks. Finish all runs with a 1 to 2 mile cool down.
S&S	Stretch & Strength: The Day after your Long and/or Hard Runs are good days to spend extra time stretching (when your muscles are warm) as well as doing some light intensity strength training. Consider doing some soft tissue massage using foam roller and or message sticks.

COACH NOTES

[1]	ALL Runs at an Easy - Conversational Pace
[2]	Consider running a 5K or 10K Race during either week 5 <u>or</u> 6 to practice running faster. Your finish time can be used to predict a marathon goal pace. Note: eliminate the Long Run if you run a 5 or 10K race on Saturday <u>or</u> Sunday. Do 1 to 2 mile cool down after the race.
[3]	Long Run Cut Back Week - this is essential to allow muscles and body to recover and prepare for next endurance cycle fo training.
[4]	Consider incorporating 2 to 3 miles at MGP within run - remember do a 1 mile warmup and cool down. Over the course of the 6 weeks of Sharpening Phase you can increase the miles at MGP from 2 to max of 5 miles
[5]	Recovery Run - keep your pace very easy to avoid "over use" injury
[6]	Consider adding a 2 mile slow jog or walk after your 20 mile long run to cool down. This will also increase the time on your feet to prepare your body and mind for a successful marathon day
For Experienced Marathoners ONLY	
[7]	Introduce some miles at MGP within your run as indicated. Do 1 to 2 mile warm-up and cool down
[8]	Consider some miles at Tempo Pace 1 to 2 mile warm up / y miles at Tempo pace / 1 to 2 miles cool down. Consult Coach for Recommended Tempo Pace.
[9]	Hill Sprints : 2 miles warm up / x intervals of 0.25 mi Hill + 1-2 min rest, repeat followed by 2 miles cool down. Consult coach for recommended Hill regiment.
[10]	<u>Optional</u> - <u>Only</u> during Long Run Cut Back weeks of the Sharpening Phase - you can practice running more miles at MGP by finishing the last x miles of the long run at MGP as indicated. Please consult coach with any questions
[11]	<u>Optional</u> 14 mile long for Advanced marathoners.

FIRST TIME MARATHONER

RACE DATE: 10/8/2016

2017 Chicago Marathon Training Plan

Phase	Week	Week Starting	Mon	Tues	Wed	Thurs	Fri	Sat (Long Run)	Sun	Total Miles	Coach Notes Comments
BASE BUILDING PHASE	1	8-May	3	4	Rest or Xtrain	4	Rest	5 LRP ^[1]	Stretch/Strength	16	See note [1]
	2	15-May	3	4	Rest or Xtrain	4	Rest	6 LRP ^[1]	Stretch/Strength	17	
	3	22-May	3	4 - 5	Rest or Xtrain	4	Rest	7 LRP	Stretch/Strength	18 - 19	
	4	29-May	3	5	Rest or Xtrain	4 - 5	Rest	8 LRP	Stretch/Strength	20 - 21	
	5	5-Jun	3	5	Rest or Xtrain	4 - 5	Rest	9 ^[2] LRP	REST	20 - 22	See note [2]
	6	12-Jun	4	5	Rest or Xtrain	5	Rest	6 ^[2] LRP / CB ^[3]	Stretch/Strength	20 - 21	See note [2] See note [3]
	7	19-Jun	4	5 - 6	Rest or Xtrain	5	Rest	10 LRP	Stretch/Strength	24 - 25	
	8	26-Jun	4	5 - 6	Rest or Xtrain	5	Rest	11 - 12 LRP	Stretch/Strength	25 - 27	
	9	3-Jul	4	5 - 6	Rest or Xtrain	5	Rest	13 LRP	Stretch/Strength	27 - 28	
	10	10-Jul	4	5 - 6	Rest or Xtrain	5 - 6	Rest	14 - 15 LRP	Stretch/Strength	28 - 31	
	11	17-Jul	4	6	Rest or Xtrain	5 - 6	Rest	10 ^[3] LRP	Stretch/Strength	25 - 26	See note [3]
	12	24-Jul	4	5 - 6	Rest or Xtrain	6	Rest	15 - 16 LRP	Stretch/Strength	30 - 32	
	13	31-Jul	4	6	Rest or Xtrain	6	Rest	16 - 17 LRP	Stretch/Strength	32 - 33	
SHARPENING PHASE	14	7-Aug	3 - 4 Easy ^[5]	6 - 7 ^[4]	Rest or Xtrain	6	Rest	13 - 14 ^[3] LRP	Stretch/Strength	28 - 31	See note [4] See notes [5]
	15	14-Aug	3 - 4 Easy ^[5]	6 - 7 ^[4]	Rest or Xtrain	6	Rest	18 LRP	REST	33 - 35	See note [4] See note [5]
	16	21-Aug	3 - 4 Easy ^[5]	6 - 7 ^[4]	Rest or Xtrain	7 - 8	Rest	16 ^[3] LRP	Stretch/Strength	32 - 35	
	17	28-Aug	4 Easy ^[5]	6 - 7 ^[4]	Rest or Xtrain	6 - 7	REST	20* LRP	Stretch/ Walk	36 - 38	
	18	4-Sep	3 Easy ^[5]	6 - 7 ^[4]	Rest or Xtrain	7 - 8	REST	16 ^[3] LRP	Stretch/Strength	32 - 34	
	19	11-Sep	4 Easy ^[5]	6 - 7 ^[4]	Rest or Xtrain	5 - 6	REST	20 ^[6] LRP	Stretch/ Walk	35 - (39)	See note [6]
TAPER PHASE	20	18-Sep	3	6	Rest or Xtrain	5 - 6	Rest or Xtrain	12	Stretch/Strength	26 - 27	
	21	25-Sep	4	6	Rest or Xtrain	6	REST	8	Stretch/Strength	24	
	22	2-Oct	6 Easy ^[5]	4 - 5 Easy ^[5]	Rest or 3 miles Easy ^[5]	2 miles (or Walk) Easy ^[5]	REST (or light walk)	REST	26.2 Chicago Marathon	36 - 42	
RECOVERY PHASE	23	9-Oct	REST	REST & WALK	REST & WALK	2 - 3 Easy ^[5]	Rest or Xtrain	3 - 5 Easy ^[5]	Rest or Xtrain	5 - 11	
	24	16-Oct	4 Easy ^[5]	Rest or Xtrain	4 Easy ^[5]	4 - 5 Easy ^[5]	Rest or Xtrain	5 - 6 Easy ^[5]	Rest or Xtrain	17 - 19	

EXPERIENCED MARATHONER

RACE DATE: 10/8/2016

2017 Chicago Marathon Training Plan

Phase	Week	Week Starting	Mon	Tues	Wed	Thurs	Fri	Sat (Long Run)	Sun	Total Miles	Coach Notes Comments
BASE BUILDING PHASE	1	8-May	3	5	Rest or Xtrain	4 - 5	Rest	6 - 7	Stretch/ Strength	18 - 20	See note [1]
								LRP ^[1]			
	2	15-May	3	5	Rest or Xtrain	4 - 5	Rest	7 - 8	Stretch/ Strength	19 - 21	
								LRP ^[1]			
	3	22-May	3	5	Rest or Xtrain	5	Rest	8	Stretch/ Strength	21	
								LRP			
	4	29-May	3	6	Rest or Xtrain	5 ^[7]	Rest	9	Stretch/ Strength	23	
						2 mi @ MGP		LRP		See note [7]	
	5	5-Jun	3	6	Rest or Xtrain	6 ^[7]	Rest	10 ^[2]	REST	25	See note [2]
						2 mi @ MGP		LRP			
	6	12-Jun	4	6	Rest or Xtrain	6 ^[7]	Rest	7 - 8 ^[2]	Stretch/ Strength	23 - 24	See note [2]
						2 mi @ MGP		LRP / CB ^[3]		See note [3]	
	7	19-Jun	4	6 - 7	Rest or Xtrain	6 ^[7]	Rest	12	Stretch/ Strength	28 - 29	
					3 mi @ MGP		LRP				
8	26-Jun	4	7	Rest or Xtrain	6 - 7	Rest	14	Stretch/ Strength	31 - 32		
					3 mi @ MGP		LRP				
9	3-Jul	4	8	Rest or Xtrain	6 - 7	Rest	15	Stretch/ Strength	33 - 34		
					3 mi @ MGP		LRP				
10	10-Jul	4	8	Rest or Xtrain	7	Rest	16	Stretch/ Strength	35		
					3 mi @ MGP		LRP				
11	17-Jul	4	8 ^[7]	Rest or Xtrain	7 - 8	Rest	10 - 12 ^[3]	Stretch/ Strength	29 - 32	See note [7]	
			3 mi @ MGP		4 mi @ MGP		LRP		See note [3]		
12	24-Jul	4	8 ^[7]	Rest or Xtrain	7 - 8	Rest	16	Stretch/ Strength	35 - 36		
			3 mi @ MGP		4 mi @ MGP		LRP				
13	31-Jul	4	8 ^[7]	Rest or Xtrain	7 - 8	Rest	18	Stretch/ Strength	37 - 38		
			4 mi @ MGP		4 mi @ MGP		LRP				
SHARPENING PHASE	14	7-Aug	4	8 ^[8]	Rest or Xtrain	8 ^[9]	Rest	16 ^[3, 10]	Stretch/ Strength	36	See notes [8 & 10]
			Easy ^[5]	3 mi @ TEMPO		HS or 3 mi @ MPG		LRP / 4 mi MGP		See note [10]	
	15	14-Aug	4	8 ^[8]	Rest or Xtrain	8	Rest	20	REST	40	See note [4]
			Easy ^[5]	3 mi @ TEMPO		HS or 4 mi @ MGP		LRP		See note [5]	
	16	21-Aug	4	8 ^[8]	Rest or Xtrain	9 ^[9]	Rest	16 ^[3, 10]	Stretch/ Strength	37	See note [10]
			Easy ^[5]	4 mi @ TEMPO		HS or 4 mi @ MPG		LRP / 4 mi MGP			
17	28-Aug	4	8 ^[8]	Rest or Xtrain	8 - 9	REST	20*	Stretch/ Walk	40 - 41		
		Easy ^[5]	4 mi @ TEMPO		HS		LRP				
18	4-Sep	4	9 ^[8]	Rest or Xtrain	9 - 10 ^[9]	REST	16 ^[3, 10]	Stretch/ Strength	38 - 39	See note [10]	
		Easy ^[5]	5 mi @ TEMPO		HS or 4 mi @ MPG		LRP / 5 mi MGP				
19	11-Sep	4	10 ^[8]	Rest or Xtrain	8 ^[9]	REST	20 ^[6]	Stretch/ Walk	42- (44)	See note [6]	
		Easy ^[5]	5 mi @ TEMPO		HS		LRP				
TAPER PHASE	20	18-Sep	3	6	Rest or Xtrain	5 - 6	Rest or Xtrain	12 ^[11]	Stretch/ Strength	26 - 29	See note [11]
						3 mi @ MGP					
	21	25-Sep	4	6	Rest or Xtrain	6	REST	8	Stretch/ Strength	24	
						2 mi @ MGP					
22	2-Oct	6	5	3	1 - 2	REST (or light walk)	REST	26.2 Chicago Marathon	41 - 42		
		Easy ^[5]	Easy ^[5]	Easy ^[5]	Easy ^[5]						
RECOVERY PHASE	23	9-Oct	REST	REST & WALK	REST & WALK	2 - 3	Rest or Xtrain	3 - 5	Rest or Xtrain	5 - 11	
						Easy ^[5]		Easy ^[5]			
24	16-Oct	4	Rest or Xtrain	4	4 - 5	Rest or Xtrain	5 - 6	Rest or Xtrain	17 - 19		
		Easy ^[5]		Easy ^[5]	Easy ^[5]		Easy ^[5]				

FIRST TIME MARATHONER **RACE DATE: 10/22/2016**

2017 Marine Corp Marathon Training Plan

Phase	Week	Week Starting	Mon	Tues	Wed	Thurs	Fri	Sat (Long Run)	Sun	Total Miles	Coach Notes Comments	
BASE BUILDING PHASE	1	22-May	3	4	Rest or Xtrain	4	Rest	5	Stretch/Strength	16	See note [1]	
	2	29-May	3	4	Rest or Xtrain	4	Rest	LRP ^[1]	6	Stretch/Strength	17	
								LRP ^[1]				
	3	5-Jun	3	4 - 5	Rest or Xtrain	4	Rest	7	Stretch/Strength	18 - 19		
								LRP				
	4	12-Jun	3	5	Rest or Xtrain	4 - 5	Rest	8	Stretch/Strength	20 - 21		
								LRP				
	5	19-Jun	3	5	Rest or Xtrain	4 - 5	Rest	9 ^[2]	REST	20 - 22	See note [2]	
								LRP				
	6	26-Jun	4	5	Rest or Xtrain	5	Rest	6 ^[2]	Stretch/Strength	20 - 21	See note [2]	
								LRP / CB ^[3]			See note [3]	
	7	3-Jul	4	5 - 6	Rest or Xtrain	5	Rest	10	Stretch/Strength	24 - 25		
								LRP				
8	10-Jul	4	5 - 6	Rest or Xtrain	5	Rest	11 - 12	Stretch/Strength	25 - 27			
							LRP					
9	17-Jul	4	5 - 6	Rest or Xtrain	5	Rest	13	Stretch/Strength	27 - 28			
							LRP					
10	24-Jul	4	5 - 6	Rest or Xtrain	5 - 6	Rest	14 - 15	Stretch/Strength	28 - 31			
							LRP					
11	31-Jul	4	6	Rest or Xtrain	5 - 6	Rest	10 ^[3]	Stretch/Strength	25 - 26	See note [3]		
							LRP					
12	7-Aug	4	5 - 6	Rest or Xtrain	6	Rest	15 - 16	Stretch/Strength	30 - 32			
							LRP					
13	14-Aug	4	6	Rest or Xtrain	6	Rest	16 - 17	Stretch/Strength	32 - 33			
							LRP					
SHARPENING PHASE	14	21-Aug	3 - 4	6 - 7 ^[4]	Rest or Xtrain	6	Rest	13 - 14 ^[3]	Stretch/Strength	28 - 31	See note [4]	
			Easy ^[5]					LRP			See notes [5]	
	15	28-Aug	3 - 4	6 - 7 ^[4]	Rest or Xtrain	6	Rest	18	REST	33 - 35	See note [4]	
			Easy ^[5]					LRP			See note [5]	
	16	4-Sep	3 - 4	6 - 7 ^[4]	Rest or Xtrain	7 - 8	Rest	16 ^[3]	Stretch/Strength	32 - 35		
			Easy ^[5]					LRP				
17	11-Sep	4	6 - 7 ^[4]	Rest or Xtrain	6 - 7	REST	20*	Stretch/ Walk	36 - 38			
		Easy ^[5]					LRP					
18	18-Sep	3	6 - 7 ^[4]	Rest or Xtrain	7 - 8	REST	16 ^[3]	Stretch/Strength	32 - 34			
		Easy ^[5]					LRP					
19	25-Sep	4	6 - 7 ^[4]	Rest or Xtrain	5 - 6	REST	20 ^[6]	Stretch/ Walk	35 - (39)	See note [6]		
		Easy ^[5]					LRP					
TAPER PHASE	20	2-Oct	3	6	Rest or Xtrain	5 - 6	Rest or Xtrain	12	Stretch/Strength	26 - 27		
	21	9-Oct	4	6	Rest or Xtrain	6	REST	8	Stretch/Strength	24		
	22	16-Oct	6	4 - 5	Rest or 3 miles	2 miles (or Walk)	REST (or light walk)	REST	26.2 Marine Corp. Marathon	36 - 42		
Easy ^[5]			Easy ^[5]	Easy ^[5]	Easy ^[5]							
RECOVERY PHASE	23	23-Oct	REST	REST & WALK	REST & WALK	2 - 3	Rest or Xtrain	3 - 5	Rest or Xtrain	5 - 11		
						Easy ^[5]		Easy ^[5]				
	24	30-Oct	4	Rest or Xtrain	4	4 - 5	Rest or Xtrain	5 - 6	Rest or Xtrain	17 - 19		
Easy ^[5]				Easy ^[5]	Easy ^[5]		Easy ^[5]					

EXPERIENCED MARATHONER

RACE DATE: 10/22/2016

2017 Marine Corp Marathon Training Plan

Phase	Week	Week Starting	Mon	Tues	Wed	Thurs	Fri	Sat (Long Run)	Sun	Total Miles	Coach Notes Comments
BASE BUILDING PHASE	1	22-May	3	5	Rest or Xtrain	4 - 5	Rest	6 - 7	Stretch/Strength	18 - 20	See note [1]
								LRP ^[1]			
	2	29-May	3	5	Rest or Xtrain	4 - 5	Rest	7 - 8	Stretch/Strength	19 - 21	
								LRP ^[1]			
	3	5-Jun	3	5	Rest or Xtrain	5	Rest	8	Stretch/Strength	21	
								LRP			
	4	12-Jun	3	6	Rest or Xtrain	5 ^[7]	Rest	9	Stretch/Strength	23	
						2 mi @ MGP		LRP		See note [7]	
	5	19-Jun	3	6	Rest or Xtrain	6 ^[7]	Rest	10 ^[2]	REST	25	See note [2]
						2 mi @ MGP		LRP			
	6	26-Jun	4	6	Rest or Xtrain	6 ^[7]	Rest	7 - 8 ^[2]	Stretch/Strength	23 - 24	See note [2]
						2 mi @ MGP		LRP / CB ^[3]		See note [3]	
	7	3-Jul	4	6 - 7	Rest or Xtrain	6 ^[7]	Rest	12	Stretch/Strength	28 - 29	
					3 mi @ MGP		LRP				
8	10-Jul	4	7	Rest or Xtrain	6 - 7	Rest	14	Stretch/Strength	31 - 32		
					3 mi @ MGP		LRP				
9	17-Jul	4	8	Rest or Xtrain	6 - 7	Rest	15	Stretch/Strength	33 - 34		
					3 mi @ MGP		LRP				
10	24-Jul	4	8	Rest or Xtrain	7	Rest	16	Stretch/Strength	35		
					3 mi @ MGP		LRP				
11	31-Jul	4	8 ^[7]	Rest or Xtrain	7 - 8	Rest	10 - 12 ^[3]	Stretch/Strength	29 - 32	See note [7]	
			3 mi @ MGP		4 mi @ MGP		LRP		See note [3]		
12	7-Aug	4	8 ^[7]	Rest or Xtrain	7 - 8	Rest	16	Stretch/Strength	35 - 36		
			3 mi @ MGP		4 mi @ MGP		LRP				
13	14-Aug	4	8 ^[7]	Rest or Xtrain	7 - 8	Rest	18	Stretch/Strength	37 - 38		
			4 mi @ MGP		4 mi @ MGP		LRP				
SHARPENING PHASE	14	21-Aug	4	8 ^[8]	Rest or Xtrain	8 ^[9]	Rest	16 ^[3,10]	Stretch/Strength	36	See notes [8 & 10]
			Easy ^[5]	3 mi @ TEMPO		HS or 3 mi @ MPG		LRP / 4 mi MGP		See note [10]	
	15	28-Aug	4	8 ^[8]	Rest or Xtrain	8	Rest	20	REST	40	See note [4]
				Easy ^[5]	3 mi @ TEMPO		HS or 4 mi @ MGP		LRP		See note [5]
	16	4-Sep	4	8 ^[8]	Rest or Xtrain	9 ^[9]	Rest	16 ^[3,10]	Stretch/Strength	37	See note [10]
				Easy ^[5]	4 mi @ TEMPO		HS or 4 mi @ MPG		LRP / 4 mi MGP		
17	11-Sep	4	8 ^[8]	Rest or Xtrain	8 - 9	REST	20*	Stretch/ Walk	40 - 41		
			Easy ^[5]	4 mi @ TEMPO		HS	LRP				
18	18-Sep	4	9 ^[8]	Rest or Xtrain	9 - 10 ^[9]	REST	16 ^[3,10]	Stretch/Strength	38 - 39	See note [10]	
			Easy ^[5]	5 mi @ TEMPO		HS or 4 mi @ MPG		LRP / 5 mi MGP			
19	25-Sep	4	10 ^[8]	Rest or Xtrain	8 ^[9]	REST	20 ^[6]	Stretch/ Walk	42 - (44)	See note [6]	
			Easy ^[5]	5 mi @ TEMPO		HS	LRP				
TAPER PHASE	20	2-Oct	3	6	Rest or Xtrain	5 - 6	Rest or Xtrain	12 ^[11]	Stretch/Strength	26 - 29	See note [11]
						3 mi @ MGP					
	21	9-Oct	4	6	Rest or Xtrain	6	REST	8	Stretch/Strength	24	
						2 mi @ MGP					
22	16-Oct	6	5	3	1 - 2	REST (or light walk)	REST	26.2 Marine Corp. Marathon	41 - 42		
			Easy ^[5]	Easy ^[5]	Easy ^[5]	Easy ^[5]					
RECOVERY PHASE	23	23-Oct	REST	REST & WALK	REST & WALK	2 - 3	Rest or Xtrain	3 - 5	Rest or Xtrain	5 - 11	
						Easy ^[5]		Easy ^[5]			
24	30-Oct	4	Rest or Xtrain	4	4 - 5	Rest or Xtrain	5 - 6	Rest or Xtrain	17 - 19		
			Easy ^[5]		Easy ^[5]	Easy ^[5]		Easy ^[5]			

FIRST TIME MARATHONER

RACE DATE: 11/5/2015

2017 New York Marathon Training Plan

Phase	Week	Week Starting	Mon	Tues	Wed	Thurs	Fri	Sat (Long Run)	Sun	Total Miles	Coach Notes Comments
BASE BUILDING PHASE	1	5-Jun	3	4	Rest or Xtrain	4	Rest	5 LRP ^[1]	Stretch/ Strength	16	See note [1]
	2	12-Jun	3	4	Rest or Xtrain	4	Rest	6 LRP ^[1]	Stretch/ Strength	17	
	3	19-Jun	3	4 - 5	Rest or Xtrain	4	Rest	7 LRP	Stretch/ Strength	18 - 19	
	4	26-Jun	3	5	Rest or Xtrain	4 - 5	Rest	8 LRP	Stretch/ Strength	20 - 21	
	5	3-Jul	3	5	Rest or Xtrain	4 - 5	Rest	9 ^[2] LRP	REST	20 - 22	See note [2]
	6	10-Jul	4	5	Rest or Xtrain	5	Rest	6 ^[2] LRP / CB ^[3]	Stretch/ Strength	20 - 21	See note [2] See note [3]
	7	17-Jul	4	5 - 6	Rest or Xtrain	5	Rest	10 LRP	Stretch/ Strength	24 - 25	
	8	24-Jul	4	5 - 6	Rest or Xtrain	5	Rest	11 - 12 LRP	Stretch/ Strength	25 - 27	
	9	31-Jul	4	5 - 6	Rest or Xtrain	5	Rest	13 LRP	Stretch/ Strength	27 - 28	
	10	7-Aug	4	5 - 6	Rest or Xtrain	5 - 6	Rest	14 - 15 LRP	Stretch/ Strength	28 - 31	
	11	14-Aug	4	6	Rest or Xtrain	5 - 6	Rest	10 ^[3] LRP	Stretch/ Strength	25 - 26	See note [3]
	12	21-Aug	4	5 - 6	Rest or Xtrain	6	Rest	15 - 16 LRP	Stretch/ Strength	30 - 32	
	13	28-Aug	4	6	Rest or Xtrain	6	Rest	16 - 17 LRP	Stretch/ Strength	32 - 33	
SHARPENING PHASE	14	4-Sep	3 - 4 Easy ^[5]	6 - 7 ^[4]	Rest or Xtrain	6	Rest	13 - 14 ^[3] LRP	Stretch/ Strength	28 - 31	See note [4] See notes [5]
	15	11-Sep	3 - 4 Easy ^[5]	6 - 7 ^[4]	Rest or Xtrain	6	Rest	18 LRP	REST	33 - 35	See note [4] See note [5]
	16	18-Sep	3 - 4 Easy ^[5]	6 - 7 ^[4]	Rest or Xtrain	7 - 8	Rest	16 ^[3] LRP	Stretch/ Strength	32 - 35	
	17	25-Sep	4 Easy ^[5]	6 - 7 ^[4]	Rest or Xtrain	6 - 7	REST	20* LRP	Stretch/ Walk	36 - 38	
	18	2-Oct	3 Easy ^[5]	6 - 7 ^[4]	Rest or Xtrain	7 - 8	REST	16 ^[3] LRP	Stretch/ Strength	32 - 34	
	19	9-Oct	4 Easy ^[5]	6 - 7 ^[4]	Rest or Xtrain	5 - 6	REST	20 ^[6] LRP	Stretch/ Walk	35 - (39)	See note [6]
TAPER PHASE	20	16-Oct	3	6	Rest or Xtrain	5 - 6	Rest or Xtrain	12	Stretch/ Strength	26 - 27	
	21	23-Oct	4	6	Rest or Xtrain	6	REST	8	Stretch/ Strength	24	
	22	30-Oct	6 Easy ^[5]	4 - 5 Easy ^[5]	Rest or 3 miles Easy ^[5]	2 miles (or Walk) Easy ^[5]	REST (or light walk)	REST	26.2 New York City Marathon	36 - 42	
RECOVERY PHASE	23	6-Nov	REST	REST & WALK	REST & WALK	2 - 3 Easy ^[5]	Rest or Xtrain	3 - 5 Easy ^[5]	Rest or Xtrain	5 - 11	
	24	13-Nov	4 Easy ^[5]	Rest or Xtrain	4 Easy ^[5]	4 - 5 Easy ^[5]	Rest or Xtrain	5 - 6 Easy ^[5]	Rest or Xtrain	17 - 19	

EXPERIENCED MARATHONER

RACE DATE: 11/6/2015

2017 New York Marathon Training Plan

Phase	Week	Week Starting	Mon	Tues	Wed	Thurs	Fri	Sat (Long Run)	Sun	Total Miles	Coach Notes Comments
BASE BUILDING PHASE	1	5-Jun	3	5	Rest or Xtrain	4 - 5	Rest	6 - 7	Stretch/Strength	18 - 20	See note [1]
								LRP ^[1]			
	2	12-Jun	3	5	Rest or Xtrain	4 - 5	Rest	7 - 8	Stretch/Strength	19 - 21	
								LRP ^[1]			
	3	19-Jun	3	5	Rest or Xtrain	5	Rest	8	Stretch/Strength	21	
								LRP			
	4	26-Jun	3	6	Rest or Xtrain	5 ^[7]	Rest	9	Stretch/Strength	23	
						2 mi @ MGP		LRP		See note [7]	
	5	3-Jul	3	6	Rest or Xtrain	6 ^[7]	Rest	10 ^[2]	REST	25	See note [2]
						2 mi @ MGP		LRP			
	6	10-Jul	4	6	Rest or Xtrain	6 ^[7]	Rest	7 - 8 ^[2]	Stretch/Strength	23 - 24	See note [2]
						2 mi @ MGP		LRP / CB ^[3]		See note [3]	
	7	17-Jul	4	6 - 7	Rest or Xtrain	6 ^[7]	Rest	12	Stretch/Strength	28 - 29	
					3 mi @ MGP		LRP				
8	24-Jul	4	7	Rest or Xtrain	6 - 7	Rest	14	Stretch/Strength	31 - 32		
					3 mi @ MGP		LRP				
9	31-Jul	4	8	Rest or Xtrain	6 - 7	Rest	15	Stretch/Strength	33 - 34		
					3 mi @ MGP		LRP				
10	7-Aug	4	8	Rest or Xtrain	7	Rest	16	Stretch/Strength	35		
					3 mi @ MGP		LRP				
11	14-Aug	4	8 ^[7]	Rest or Xtrain	7 - 8	Rest	10 - 12 ^[3]	Stretch/Strength	29 - 32	See note [7]	
			3 mi @ MGP		4 mi @ MGP		LRP		See note [3]		
12	21-Aug	4	8 ^[7]	Rest or Xtrain	7 - 8	Rest	16	Stretch/Strength	35 - 36		
			3 mi @ MGP		4 mi @ MGP		LRP				
13	28-Aug	4	8 ^[7]	Rest or Xtrain	7 - 8	Rest	18	Stretch/Strength	37 - 38		
			4 mi @ MGP		4 mi @ MGP		LRP				
SHARPENING PHASE	14	4-Sep	4	8 ^[8]	Rest or Xtrain	8 ^[9]	Rest	16 ^[3, 10]	Stretch/Strength	36	See notes [8 & 10]
			Easy ^[5]	3 mi @ TEMPO		HS or 3 mi @ MPG		LRP / 4 mi MGP		See note [10]	
	15	11-Sep	4	8 ^[8]	Rest or Xtrain	8	Rest	20	REST	40	See note [4]
			Easy ^[5]	3 mi @ TEMPO		HS or 4 mi @ MGP		LRP		See note [5]	
	16	18-Sep	4	8 ^[8]	Rest or Xtrain	9 ^[9]	Rest	16 ^[3, 10]	Stretch/Strength	37	See note [10]
			Easy ^[5]	4 mi @ TEMPO		HS or 4 mi @ MPG		LRP / 4 mi MGP			
17	25-Sep	4	8 ^[8]	Rest or Xtrain	8 - 9	REST	20*	Stretch/ Walk	40 - 41		
		Easy ^[5]	4 mi @ TEMPO		HS		LRP				
18	2-Oct	4	9 ^[8]	Rest or Xtrain	9 - 10 ^[9]	REST	16 ^[3, 10]	Stretch/Strength	38 - 39	See note [10]	
		Easy ^[5]	5 mi @ TEMPO		HS or 4 mi @ MPG		LRP / 5 mi MGP				
19	9-Oct	4	10 ^[8]	Rest or Xtrain	8 ^[9]	REST	20 ^[6]	Stretch/ Walk	42 - (44)	See note [6]	
		Easy ^[5]	5 mi @ TEMPO		HS		LRP				
TAPER PHASE	20	16-Oct	3	6	Rest or Xtrain	5 - 6	Rest or Xtrain	12 ^[11]	Stretch/Strength	26 - 29	See note [11]
						3 mi @ MGP					
	21	23-Oct	4	6	Rest or Xtrain	6	REST	8	Stretch/Strength	24	
					2 mi @ MGP						
22	30-Oct	6	5	3	1 - 2	REST (or light walk)	REST	26.2 New York City Marathon	41 - 42		
		Easy ^[5]	Easy ^[5]	Easy ^[5]	Easy ^[5]						
RECOVERY PHASE	23	6-Nov	REST	REST & WALK	REST & WALK	2 - 3	Rest or Xtrain	3 - 5	Rest or Xtrain	5 - 11	
						Easy ^[5]		Easy ^[5]			
24	13-Nov	4	Rest or Xtrain	4	4 - 5	Rest or Xtrain	5 - 6	Rest or Xtrain	17 - 19		
		Easy ^[5]		Easy ^[5]	Easy ^[5]		Easy ^[5]				