



Jack H. Marston II Melanoma Fund
 Research. Education. Healing.

Re: 2017 Jack’s Fund Marathon Training Programs

April 15, 2017

Welcome Jack’s Team Runner:

Thank you for joining Jack’s Marathon Team. I hope you will have a personally rewarding experience fundraising for Jack Marston Melanoma Fund and training for and running your target marathon. As a benefit to Jack’s Team members, you have the option to follow a proven marathon training program and throughout your training to consult with me (your personal Jack’s Team marathon coach).

Two 22-week training programs are available for you to consider (these are emailed to you in PDF form):

- The “**First Time Marathoner**” program is recommended if you are training for your first marathoner (or returning to running after several years off from running). You should also have a running base of about ~15-20 miles per week by the time your training plan starts.
- The “**Experienced Marathoner**” program is designed for runners who have completed 2 or more full marathons and who wish to work on improving speed and finishing time.

The three marathon training programs and start dates are as follows:

Marathon	First Training Run	1 st Sat. or Sun. Long Run	Marathon Day
Chicago	Monday May 8	May 13 or 14	Oct. 8 th
Marine Corp.	Monday May 22	May 27 or 28	Oct. 22 nd
New York City	Monday June 5	June 10 or 11	Nov. 5 th

Over the past seven years these training plans have been used by hundreds of runners, just like you, to train for a successful marathon experience. If you are not running three times per week and your current running base is not near the total distance indicated in Week 1 of the plan that you wish to follow, then over the next several weeks (until your program start date) you should slowly increase the distance of your weekly runs and weekend long run distance, to match that in week 1 of the plan. Do not try to do match the plan suddenly - slowly increase from running 2 or 3 to 4 times per week and increase distance from 2 to 3 and then to 4-5 miles over the weeks leading up to the program start. This strategy will help you avoid injury. If your running base is already at or even above that given in the plan you will follow, then continue to run you current base runs.

Please review the information on training phase and abbreviation key, the 22-week training plans, and coach notes. Note: all involve a 4 day/week running plan with Saturday as the Long Run day. Please feel free to ask if you want to augment the training plan to meet your specific work routine and running needs, e.g.:

- adjust the initial phase of the plan if you are starting from a lower or higher running base,
- convert to a 3 or 5 day/week plan,
- change weekly run dates and / or for Sunday long runs,
- adjust the training if you have a specific time goal (“*Advanced Plans*” should be tailored to each individual and are only recommended if you are a seasoned marathoner).

If this is your first time with Jack’s Team, you may be wondering what are my qualifications as a Running Coach?



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As a brief Bio,

- I have completed 29 full marathons (9-time Jack's Team member, and 4-time finisher at both Chicago and New York Marathons)
- I am an RRCA certified running coach
- 8-years' experience coaching runners for ½ and full marathon distance, including,
 - 4-years as Jack's Marathon Team Coach
 - 5-year with PR Performance Running in St. Charles IL and previously 3-years with Fox River Trail Runners, Geneva IL.

I am willing to share with you my experiences as a distance runner and as a coach to help you prepare for and have a fulfilling marathon experience.

My objectives as your coach are:

- to motivate you to meet your fitness and running goals,
- guide you to train smart, and, provide you with strategies to lower your risk of injury,
- provide you guidance on race strategy, proper hydration and nutrition during running,
- provide you with training tips to tweak your program and help make your long runs more enjoyable,
- to be a resource to answer any questions you may have.

Over the coming weeks, I would like to get to know you, understand your running background and goals, and, why you have decided to take on this challenge and run with Jack's Team.

Remember this coaching is free – it's one of my ways I contribute to the important fight against Melanoma. I will share my story in an upcoming post to the Team.

For now, if you are interested in working with me as your coach, please send me an email and please provide some detail of your running history, best race times at each distance, your goal for your Marathon Day and why you decided to run with Jack's Team.

I look forward to meeting and running with you.

Good Luck Training and Happy Running,

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