

PHASE 1 Run Tu/Th/Sat; Rest M/W/F/Sun

Week # Date	Mondays (Rest)	Tuesdays (Threshold)	Wednesdays (Rest)	Thursdays (Strength)	Fridays (Rest)	Saturdays (LSD/PMP)	Sundays (Rest)
Week 1 January 16-18-20	Rest	Run Easy 30 mins. (R1-R2-R3-R4/W1, R4-R3-R2-R1/W1	Rest	Run Easy 45 mins. w/ “strides” (R2-R3-R4-R5/W1, 6 x “strides”,	Rest	Time I: 60 minutes (8 x R6:30/W1)	Rest
Week 2 January 23-25-27	Rest	Out & Backs I: 1 lap/2 lap/3 lap Timed mile	Rest	Strength I: Lift & Stairs Full body: 4 x 4 sets of 8-12 reps then one “lap” Whiting stairs	Rest	Distance I: 6 miles (R8/W1)	Rest
Week 3 Jan.-Feb. 30- 1- 3	Rest	Yasso I: Repeat 800s 4-6 x 800 w/ ½ recovery	Rest	XT I: Pool Running Shallow/Deep/Kick “ladder” each set	Rest	Race I: Timed 5k	Rest

PHASE 2 Add 4th weekly aerobic non-running workout. Walk or Cross-train “easy” for 30-45 minutes on Sunday afternoon/evening.

Week 4 February 6- 8-10	Rest	3 by’s I: Repeat 1200s 3-5 x 1200 w/ 2 min. recovery	Rest	Strength II: Rope/Step/Stairs “ladder” each set: 1/1:30/2:00 w/ abs & arms for recovery	Rest	PMP I: 4.5 miles 1 mile Warm-up 4.5 miles @ PMP 1 mile Cool-down	Walk/XT
Week 5 February 13-15-17	Rest	Rep Miles I: 4 x 1 #1: Conversational #2: PMP #3: Threshold #4: PMP	Rest	XT II: Cardio Machines 10-15 minutes on THREE different machines (elliptical, cycle, etc.)	Rest	Time II: 90 minutes R 10/ W 1:15	Walk/XT

Week 6 February 20-22-24	Rest	Tempo I: 10-20-10 10 mins. WU 20 mins. "Threshold" pace 10 mins. CD	Rest	Strength III: Lower Body 8 x lower body strength w/ 4 min. runs between	Rest	Distance II: 9 miles R 1 mile/W 1 minute Gage St. Run	Walk/XT
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Week 7 Feb.-March 27- 1- 3	Rest	Yasso II: 6-8 x 800 Repeat 800s w/ ½ rest	Rest	XT III: Spin Class Meet at Maximus Fitness near 21 st and Chelsea	Rest	PMP II: 7 miles 1 mile Warm-up 7 miles @ PMP 1 mile Cool-down	Walk/XT
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PHASE 3 Add 5th weekly aerobic non-running workout. Cross-train "easy" for 30-45 minutes on Wednesdays.

Week 8 March 6- 8-10	Rest	Rep Miles II: 5 x 1 #1: "Conversational" #2: PMP #3: Threshold #4: "Fast" #5: PMP	XT	Strength IV: Plyometrics 8 x lower body Plyometric w/ 4 min. runs between	Rest	Distance III: 12 miles Auburn Run Meet Wagner's home near 33 rd and Belle	Walk/XT
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Week 9 March 13-15-17	Rest	3 by's II: 3 x 1.5 miles w/ 2 minute recoveries	XT	Out & Backs II: 1:30/1:45/2:00/ 2:15/2:30	Rest	Race II: Timed 10k St. Patrick's Day 10k Manhattan, KS	Walk/XT
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NOTE: Week 10 is SPRING BREAK!! Use this time to meet your "individual needs".

If "seriously injured": Rest and recuperate. AVOID ALL weight-bearing exercise!! (maybe swim or deep-water running?)

If "nursing" a lingering running-related injury: Maintain 3/week NON-running aerobic activity (swim/pool run, cycle/spin, elliptical)

If injury-free, but still quite "sore" or "burned out": Maintain 3/week "easy" running ONLY!

If injury-free, and with no signs of mental or physical fatigue: Continue with prescribed workouts (see below)

Week 10 March 20-22-24	Rest	Tempo II: 15-30-15 15 mins. "easy" 30 mins. "comfortably hard" 15 mins. "easy"	XT	Hills I: Henderson Stairs 8 x 6 flights alternate easy/hard 1/2/3 at a time	Rest	Distance III: 15 miles Lake Shawnee Trail Meet Tinman Circle near boathouse	Walk/XT
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PHASE 4 Consider substituting 30-60 minutes of "easy" running or "moderate" cross-training on Wednesdays and/or Sundays.

Week 11 March	Rest	Yasso III: 8-10 x 800 repeat 800s w/ ½ rest	Run/XT	Hills II: Quinton Heights 9 x hill run, alternate	Rest	Brew-to-Brew 43-mile team relay	Run/XT
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27-29-31

easy/high knees/bound

8-12 miles each
SUNDAY, April 1st!!

NOTE: Please consider “volunteering” to help with the “Run for Life” 10-mile event, Saturday, April 7th!!

Week 12 April 3- 5 -7	Rest	Rep Miles III: 6 x 1 #1: Conversational #2: PMP “easy” #3: PMP “challenge” #4: Threshold #5: “Fast” #6: PMP	Run/XT	Hills III: Westridge 9 x hill, 30/45/60 secs. easy/high knees/bound meet south parking lot Westridge Mall	Rest	Run for Life: 10 miles OR Horsefarm Run: 18 miles meet Gage Park Zoo SUNDAY, April 8 th , 7 a.m.	Run/XT
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Week 13 April 10-12-14	Rest	3 by’s III: 3 x 2 miles w/ 2 minutes rest	Run/XT	Hills IV: Summerfield 5 x hill meet 37 th & Fairlawn	Rest	Lawrence Half-Marathon Sunday, April 15th	Run/XT
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PHASE 5 Begin to “taper” by reducing first the Sunday, and then the Wednesday workouts, to non-running “easy” cross-training or full rest.

Week 14 April 17-19-21	Rest	Tempo III: 20-40-20 20 minutes “easy” 40 mins. “comfortably hard” 20 minutes “easy”	Run/XT	Out & Backs III: 1/1:30/2/2:30/2/1:30/1	Rest	Distance V: 20 miles Arvonias Loops meet Dave’s house 2831 SW Arvonias, 7 a.m.	Walk/XT
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Week 15 April 24-26-28	Rest	PMP “ladder” up/down 400/800/1200/1600 at PMP	Rest/XT	Cruise 400s 4-8 x 400 @ 5k pace meet Topeka West Track north of Fairlawn Mall	Rest	Easy 9 miles	Rest/XT
Week 16 May 1- 3- 5/6	Rest	PMP “ladder” up only 400/800/1200/1600 at PMP	Rest/XT	Straights & Curves “cruise” the straights “jog” the curves meet Topeka West Track	Easy 4 miles	Rest	MARATHON!!

Tuesday/Threshold workouts are run at a steady/sustained intensity that is “comfortably hard” (approx. 75-85% of Max HR)
Thursday/Strength/Hills/Speed workouts are conducted near your “aerobic threshold”, and may include ANaerobic moments (near. 90% Max HR)
Saturday “long runs” are less intense, and should be at “conversational pace” throughout the workout (below 70% of Max HR)
Rx/Wy = pattern for inserting “planned” Walk breaks (eg: “R4/W1” means Run 4 minutes, then Walk 1 minute)
XT = Aerobic Cross-training (Spin Class, Cycling, Elliptical, Stair-climber, Swim, Pool running, or Walk)
PMP = Predicted Marathon Pace Run (run at a steady/sustained pace consistent with the “pace per mile” you plan to run your marathon)
Yasso = Run repeat 800 meter intervals, where pace in minutes:seconds equals predicted Marathon Finish Time in hours:minutes; equal Run/Rest