

## Training Charts

### **Our Mileage Charts**

These charts are a guideline. In a perfect world, life and work would not get in the way of your training. Then there is reality. Adjust your chart to fit your schedule and don't stress if you miss a run here or there.

### **One Size Does Not Fit All**

We have runners of all levels on the team, so please tweak the charts to suit your ability. No matter your running level, remember this: consistency is key, and strive for quality over quantity. Never just slog miles. If your body is telling you to take an extra day off, take it and run harder next time.

### **[Marathon Training Chart](#)**

### **[Half Marathon Training Chart](#)**

### **[10K Training Chart](#)**

### **[5K Training Chart](#)**

## Marathon Training Chart

Whether it's your first marathon, or you've been down this road before, you need a plan of action as you embark on your upcoming season. We'll do everything we can to make sure you get across the finish line!

Because we have runners of all abilities on the team, we've put together the two following training charts. The biggest factor when choosing a training program is being realistic about how much time you can dedicate to training while balancing life.

**Chart A** is lighter on the mileage for the first 16 weeks. **Chart B** has more mileage. The heavier mileage will not necessarily make you a faster runner. If your schedule doesn't give you enough time to recover from the heavier mileage, it will have the opposite effect. Your marathon training should focus on quality over quantity.

If you recover quickly from your runs, then the heavier mileage can make you a stronger runner. Whichever you choose, remember the word balance. Both charts have room for you to tweak to fit your schedule. Consistency is key, but being obsessive can be detrimental. Listen to your body — it will constantly talk to you during training.

**Good luck and please feel free to contact us with any training-related questions!**

— Coaches Jeff, Marci, Tom, and David

# Chart A

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
1	Off	3mi.	4mi.	3mi.	Off	4mi.	Off	14mi.
2	Off	5mi.	5mi.	4mi.	Off	5mi.	Off	19mi.
3	Off	4mi.	Off	5mi.	Off	6mi.	Off	15mi.
4	Off	5mi.	Off	5mi.	Off	6mi.	Off	16mi.
5	Off	6mi.	Off	5mi.	Off	6mi.	Off	17mi.
6	Off	6mi.	Off	5mi.	Off	7mi.	Off	18mi.
7	Off	6mi.	Off	6mi.	Off	8mi.	Off	20mi.
8	Off	5mi.	Off	7mi.	Off	9mi.	Off	21mi.
9	5mi.	4mi.	XT	5mi.	XT	10mi.	Off	24mi.
10	5mi.	5mi.	XT	6mi.	XT	11mi.	Off	27mi.
11	5mi.	5mi. Sp	XT	7mi.	XT	12mi.	Off	29mi.
12	5mi.	6mi. H	XT	7mi.	XT	13mi.	Off	31mi.
13	5mi.	8mi. Sp	XT	6mi.	XT	14mi.	Off	33mi.
14	5mi.	5mi. H	XT	7mi.	XT	13mi.	Off	30mi.
15	4mi.	6mi. Sp	XT	8mi.	XT	15mi.	Off	33mi.
16	5mi.	6mi. H	XT	8mi.	XT	14mi.	Off	35mi.
17	6mi.	5mi. Sp	XT	9mi.	XT	16mi.	Off	36mi.
18	7mi.	5mi. H	XT	8mi.	XT	18mi.	Off	38mi.
19	6mi.	7mi. Sp	XT	5mi.	XT	20mi.	Off	38mi.
20	5mi.	8mi. H	XT	7mi.	XT	15mi.	Off	35mi.
21	6mi.	8mi. Sp	XT	5mi.	XT	16mi.	Off	35mi.
22	8mi.	5mi. H	XT	7mi.	XT	20mi.	Off	40mi.
23	7mi.	5mi. Sp	XT	6mi.	XT	18mi.	Off	36mi.
24	10mi.	6mi. H	XT	7mi.	XT	15mi.	Off	38mi.
25	7mi.	4mi. Sp	XT	5mi.	XT	12mi.	Off	28mi.
26	6mi.	4mi. Sp	XT	5mi.	XT	Off	26.2 mi.	41.2mi.

## Training Chart Key

Sp - Speed Work

H - Hill Work

XT - Cross Training

# Chart B

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
1	Off	5mi.	4mi.	5mi.	Off	4mi.	6mi.	24mi.
2	Off	5mi.	5mi.	4mi.	Off	5mi.	6mi.	25mi.
3	Off	5mi.	Off	5mi.	Off	6mi.	6mi.	22mi.
4	Off	6mi.	Off	7mi.	Off	6mi.	6mi.	25mi.
5	Off	6mi.	Off	6mi.	Off	8mi.	6mi.	26mi.
6	Off	7mi.	Off	5mi.	Off	8mi.	6mi.	26mi.
7	Off	6mi.	Off	6mi.	Off	9mi.	6mi.	27mi.
8	Off	7mi.	Off	6mi.	Off	11mi.	5mi.	29mi.
9	5mi.	6mi.	XT	6mi.	XT	13mi.	Off	30mi.
10	5mi.	8mi.	XT	7mi.	XT	12mi.	Off	32mi.
11	7mi.	5mi. Sp	XT	7mi.	XT	14mi.	Off	33mi.
12	5mi.	6mi. H	XT	8mi.	XT	15mi.	Off	34mi.
13	5mi.	6mi. Sp	XT	7mi.	XT	16mi.	Off	34mi.
14	5mi.	7mi. H	XT	8mi.	XT	13mi.	Off	33mi.
15	4mi.	8mi. Sp	XT	11mi.	XT	16mi.	Off	39mi.
16	5mi.	8mi. H	XT	10mi.	XT	15mi.	Off	38mi.
17	6mi.	5mi. Sp	XT	9mi.	XT	16mi.	Off	36mi.
18	7mi.	5mi. H	XT	8mi.	XT	18mi.	Off	38mi.
19	6mi.	7mi. Sp	XT	5mi.	XT	20mi.	Off	38mi.
20	5mi.	8mi. H	XT	11mi.	XT	15mi.	Off	39mi.
21	10mi.	8mi. Sp	XT	5mi.	XT	16mi.	Off	39mi.
22	8mi.	5mi. H	XT	7mi.	XT	20mi.	Off	40mi.
23	7mi.	5mi. Sp	XT	6mi.	XT	18mi.	Off	36mi.
24	10mi.	6mi. H	XT	7mi.	XT	15mi.	Off	38mi.
25	7mi.	4mi. Sp	XT	5mi.	XT	12mi.	Off	28mi.
26	6mi.	4mi. Sp	XT	5mi.	XT	Off	26.2 mi.	41.2mi.

## Training Chart Key

Sp - Speed Work

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XT - Cross Training

# Training Chart Explanation

## Our Mileage Charts

These charts are a guideline. In a perfect world, life and work would not get in the way of your training. Then there is reality. Adjust your chart to fit your schedule and don't stress if you miss a run here or there.

## One Size Does Not Fit All

We have runners of all levels on the team, so please tweak the chart to suit your ability. First-timers should be able to handle this program with an extra off-day or two here and there. Advanced runners should strive to make a later 20-mile run into a 22-mile run and an 18-mile run into a 20-mile run.

No matter your running level, remember this: consistency is key, and strive for quality over quantity. Never just slog miles. If your body is telling you to take an extra day off, take it and run harder next time.

## Speed and Hill Work

The mileage listed in this section refers to total mileage. Total mileage includes a warm-up and cool-down. Start with a 1 to 2 mile easy warm-up. After warming up, do quarter-mile repeats at a faster pace than your normal speed — usually 30 seconds to a minute faster!

Example: If you run 9 minute miles, try for an 8 minute pace. Divide your faster pace by four — your quarter-mile repeats should be run in 2 minutes.

Follow each fast quarter-mile by a quarter-mile cool-down and repeat.

The same applies to hill work. Try to find a hill that is a quarter to a half-mile in length to do your hill repeats. Keep a steady pace. The hill will provide the resistance. Recover on the way down.

Always end speed and hill work with a mile cool down. Don't forget — the warm-up and cool-down are built into the total mileage!

## Cross Training (XT)

It is very important that all of your training does not consist solely of running. Cross training will keep you fresh and help avoid nagging running injuries. Swimming is great for runners — it's a tough workout with no pounding. If you are not a comfortable swimmer, grab a kickboard and go for it. Cycling and elliptical training are other great non-impact cardio workouts.

## Half Marathon Training Chart

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
1	3mi.	5mi.	XT	5mi.	XT	7mi.	Off	20mi.
2	4mi.	4mi.	XT	5mi.	XT	8mi.	Off	21mi.
3	4mi.	5mi.	XT	5mi.	XT	9mi.	Off	23mi.
4	5mi.	5mi.	XT	4mi.	XT	11mi.	Off	25mi.
5	5mi.	4mi.	XT	6mi.	XT	12mi.	Off	27mi.
6	4mi.	5mi.	XT	5mi.	XT	14mi.	Off	28mi.
7	6mi.	5mi.	XT	4mi.	XT	10mi.	Off	25mi.
8	3mi.	3mi.	Off	Off	3mi.	Off	<b>13.1mi.</b>	22.1mi.

### How to Use the Mileage Chart

This chart is a guideline. In a perfect world, life and work would not get in the way of your training. Then there is reality. Adjust the chart to fit your schedule and don't stress if you miss a run here or there.

### One Size Does Not Fit All

We have runners of all levels on the team, so please tweak the chart to suit your ability. First-timers should be able to handle this program with an extra off-day or two here and there, if necessary. Advanced runners should include speed and hill work. No matter your running level, remember this: consistency is king, and strive for quality over quantity. Never just slog miles. If your body is telling you to take an extra day off, take it and run harder next time you go out.

### Cross Training (XT)

It is very important that all of your training does not consist solely of running. Cross training will keep you fresh and help avoid nagging running injuries. Swimming is great for runners—it's a tough workout with no pounding. If you are not a comfortable swimmer, grab a kickboard and go for it. Cycling and elliptical training are other great non-impact cardio workouts.

## 10K Training Chart

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
1	Off	2mi.	<b>XT</b>	2mi.	Off	3mi.	<b>XT</b>	7mi.
2	Off	2mi.	<b>XT</b>	2mi.	Off	3.5mi.	<b>XT</b>	7.5mi.
3	Off	2mi.	<b>XT</b>	2mi.	Off	3.75mi.	<b>XT</b>	7.75mi.
4	Off	2.25mi.	<b>XT</b>	2.25mi.	Off	4mi.	<b>XT</b>	8.5mi.
5	Off	2.5mi.	<b>XT</b>	2.5mi.	Off	4.5mi.	<b>XT</b>	9.5mi.
6	Off	3mi.	<b>XT</b>	3mi.	Off	5mi.	<b>XT</b>	11mi.
7	Off	3mi.	<b>XT</b>	3mi.	Off	5.5mi.	<b>XT</b>	11.5mi.
8	Off	3mi.	<b>XT</b>	3mi.	Off	Off	<b>10K Race</b>	12.2mi.

A 10K (6.2 miles or 10,000 meters) will help take your fitness to the next level. Those who have been running shorter distances for a while but haven't "raced" before use the 10K as their introduction. It's also the distance that many marathoners use to practice their speed techniques.

The training chart calls for **cross-training (XT)**, which is an excellent way to improve your endurance and cardiovascular system without pounding the pavement. Riding a stationary bike, using an elliptical or rowing machine, and swimming are all great forms of low-impact cross-training. Strength training is also good for runners. Remember to hydrate before, during, and after training, and stretch every day — even when you don't run.

## 5K Training Chart

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
1	<b>XT</b>	1mi.	<b>XT</b>	1mi.	Off	1.5mi.	<b>XT</b>	3.5mi.
2	<b>XT</b>	1.25mi.	<b>XT</b>	1mi.	Off	1.75mi.	<b>XT</b>	4mi.
3	<b>XT</b>	1.75mi.	<b>XT</b>	1.25mi.	Off	2mi.	<b>XT</b>	5mi.
4	<b>XT</b>	1.75mi.	<b>XT</b>	1.5mi.	Off	2.25mi.	<b>XT</b>	5.5mi.
5	<b>XT</b>	1.75mi.	<b>XT</b>	1.75mi.	Off	2.5mi.	<b>XT</b>	6mi.
6	<b>XT</b>	2.5mi.	<b>XT</b>	1.5mi.	Off	2.75mi.	<b>XT</b>	6.75mi.
7	<b>XT</b>	2mi.	<b>XT</b>	2mi.	Off	3mi.	<b>XT</b>	7mi.
8	<b>XT</b>	2mi.	<b>XT</b>	2mi.	Off	<b>5K Race</b>	Off	7.1mi.

A 5K (3.1 miles or 5,000 meters) is the most popular race distance. It's a fun challenge that doesn't require six months of training. If you're a beginner, finishing the race is your goal — not how fast you run it. Feel free to add in a couple of walk breaks as you build up your endurance.

The training chart calls for **cross-training (XT)**, which is an excellent way to improve your endurance and cardiovascular system without pounding the pavement. Riding a stationary bike, using an elliptical or rowing machine, and swimming are all great forms of low-impact cross-training. Strength training is also good for runners. Remember to hydrate before, during, and after training, and stretch every day — even when you don't run.