

# Marathon Training Plan



Congratulations!! You've decided to take a leap of faith and push yourself to the next level! This is no small feat. However, with the proper training, recovery, and nutrition plan, you'll crush this goal! This plan is designed with the more experienced functional fitness level runner in mind. There is an even balance of functional fitness classes, 3 runs a week, recovery/mobility days and mental preparation challenges to get you ready for the big day. Days are also mileage based, not solely time based, although time on feet is exceptionally important at this stage too. This plan is 4 weeks longer than our 5k and 10k plans in order to have a slow, yet appropriate build-up of mileage to help you on race day. This plan is also meant for someone who is already running and not starting from square one. By no means do you need to follow this to the letter but if you do we're confident you'll have a great race experience and be more fit because of it. If you have questions please don't hesitate to text **The Forge hotline at 248-587-8184**. Happy training!!

## Mobility

Our favorite lower body mobility series. Feel free to use any and all of it before or after your runs, and especially on the Sunday recovery sessions. Add in other mobilization exercises as you see fit. Recommended to hold each stretch for 1:00 or more per side.

- Cat/Cow
- Cobra To Pike
- Mountain Climber  
With A Twist & Knee Out To The Side
- Kneeling Adductor Stretch
- Foam Roll Quads
- Jefferson Curl
- Couch Stretch
- Foam Roll Glutes
- 90/90's  
With A Reach To the Sky
- Bench Pigeon Stretch
- Modified Bulgarian Lunge
- Gorilla Squats

## The Lay Of The Land

### Weeks 1-4:

Building time on feet phase. Enjoy the lower mileage but make each run count.

### Weeks 5-8:

We've increased time on feet. Now is the time to keep that going and add hill workouts on Thursdays.

### Weeks 9-13:

We've increased your time on feet and strength on the hills. Now is the time to add a little bit more speed and power.

### Weeks 14-16:

Taper Time! Now you get to run a few repeat workouts. Don't overdo it. Feel quick, light and strong. Stay healthy!

## 3 Helpful Tips

1. Enjoy the first month of building mileage. Take the warm-up and cool down portions seriously. That distance adds up over time. Be consistent with this training, it will pay off in the middle weeks.
2. For the hill workouts, find a hill that you can jog/run up in about **1 to 2 minutes**. Choose a hill depending on how challenging you want this to be. You do not need to do the same hill for all of your sessions but if you do, you'll learn its nuances and see your progress on it during the four sessions. Although challenging, these workouts are worth it. You do not need to sprint these hills but you should move up them in a strong, consistent manner.
3. For the 200 repeat days be sure to warm-up & cool down well. Take your time here. You are adding speed to the strength you've just worked so hard to develop. When adding speed, be sure to build into the repetition. These are not all out efforts, more like **80 to 90% speed**. You should feel light, fast and be more on your toes with your running. If you cannot get to a track, choose a flat piece of ground to do these on.



## Pro Tip:

Be sure to warm-up and cool down well during these days. They are workouts after all.

### Week 1

Congrats on starting! That is often the hardest part. You are laying a strong foundation.

Pay attention to the details this week.

M Class Workout	T ½ Mile Build 2-3 Miles Steady Pace ½ Mile Slow	W Rest Or Optional Class Workout	T ½ Mile Build 3-4 Miles Steady Pace ½ Mile Slow	F Class Workout	S 7-8 Miles	S 1 Hour Active Recovery Walk/ Mobility Session
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### Week 2

Keep the “new” training energy high but don’t get overly excited. Train with purpose. Train smart. The “hard” part is being consistent.

M Class Workout	T ½ Mile Build 3-4 Miles Steady Pace ½ Mile Slow	W Rest Or Optional Class Workout	T ½ Mile Build 4-5 Miles Steady Pace ½ Mile Slow	F Class Workout	S 8-9 Miles	S 1 Hour Active Recovery Walk/ Mobility Session
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### Week 3

Hang in there. This is the hard week, where all of your sessions kind of pile up. Next week you’ll get to recover.

M Class Workout	T ½ Mile Build 4-5 Miles Steady Pace ½ Mile Slow	W Rest Or Optional Class Workout	T ½ Mile Build 5-6 Miles Steady Pace ½ Mile Slow	F Class Workout	S 9-10 Miles	S 1 Hour Active Recovery Walk/ Mobility Session
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### Week 4

Recovery week. Enjoy the reduced mileage. Spend your “extra” time recovering & preparing for the next day.

M Class Workout	T ½ Mile Build 2-3 Miles Steady Pace ½ Mile Slow	W Rest Or Optional Class Workout	T ½ Mile Build 3-4 Miles Steady Pace ½ Mile Slow	F Class Workout	S 5-6 Miles	S 1 Hour Active Recovery Walk/ Mobility Session
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Stay Consistent Monday - Saturday!
 Mobility
 Protein snack
 Bed on time
On Sundays Meal & Snack Prep For The Week 

## Week 5

You are now entering the “workout” phase of your training. The mileage will build up but we are adding some intensity to your runs on Thursdays with hill repeats.

M Class Workout	T ½ Mile Build 5-6 Miles Steady Pace ½ Mile Slow	W Rest Or Optional Class Workout	T 1 Mile Build 2-3 Hills Run up hard at a steady pace. Jog down to recover. 1 Mile Slow	F Class Workout	S 10-11 Miles	S 1 Hour Active Recovery Walk/ Mobility Session
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## Week 6

Keep getting in your maintenance run on Tuesdays. Don't overdo it there. The “workout” is on Thursdays.

M Class Workout	T ½ Mile Build 6-7 Miles Steady Pace ½ Mile Slow	W Rest Or Optional Class Workout	T 1 Mile Build 3-4 Hills Run up hard at a steady pace. Jog down to recover. 1 Mile Slow	F Class Workout	S 11-12 Miles	S 1 Hour Active Recovery Walk/ Mobility Session
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## Week 7

Double down on your recovery. You are in the middle of the program. This is where people fall off and make excuses. Extra sleep will help you stay on track.

M Class Workout	T ½ Mile Build 7-8 Miles Steady Pace ½ Mile Slow	W Rest Or Optional Class Workout	T 1 Mile Build 4-5 Hills Run up hard at a steady pace. Jog down to recover. 1 Mile Slow	F Class Workout	S 12-13 Miles	S 1 Hour Active Recovery Walk/ Mobility Session
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## Week 8

This is a down week. You've been building slowly but surely these past seven weeks. Enjoy the reduced mileage. Use your “extra time” to mobilize, sleep and meal prep. Get ready for the next stage.

M Class Workout	T ½ Mile Build 5-6 Miles Steady Pace ½ Mile Slow	W Rest Or Optional Class Workout	T 1 Mile Build 5-6 Hills Run up hard at a steady pace. Jog down to recover. 1 Mile Slow	F Class Workout	S 7-8 Miles	S 1 Hour Active Recovery Walk/ Mobility Session
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## Week 9

If you have not started to play with your nutrition on long runs you'll want to give that a shot. Simple gels and an electrolyte drink are probably your best bet here.

M	Class Workout	T	½ Mile Build 7-8 Miles Steady Pace ½ Mile Slow	W	Rest Or Optional Class Workout	T	1 Mile Build 5-6 Hills Run up hard at a steady pace. Jog down to recover. 1 Mile Slow	F	Class Workout	S	13-14 Miles	S	1 Hour Active Recovery Walk/ Mobility Session
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## Week 10

You're now entering the "interval" phase of training with tempo runs on Thursdays. You have the strength. Now it's time to work on a little bit of speed!

M	Class Workout	T	½ Mile Build 8-9 Miles Steady Pace ½ Mile Slow	W	Rest Or Optional Class Workout	T	1 Mile Build 5 x 2:00 On 2:00 Recovery Jog 1 Mile Slow	F	Class Workout	S	14-15 Miles	S	1 Hour Active Recovery Walk/ Mobility Session
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## Week 11

Work on keeping consistent paces on your Tuesday runs. These are slower than race pace by about 1:30 per mile. Breathe easy.

M	Class Workout	T	½ Mile Build 9-10 Miles Steady Pace ½ Mile Slow	W	Rest Or Optional Class Workout	T	1 Mile Build 5 x 3:00 On 2:00 Recovery Jog 1 Mile Slow	F	Class Workout	S	16-17 Miles	S	1 Hour Active Recovery Walk/ Mobility Session
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## Week 12

This is the end of the 3rd quarter. Much of the work is behind you but it's not time to celebrate. Double down on strong habits

M	Class Workout	T	½ Mile Build 5-6 Miles Steady Pace ½ Mile Slow	W	Rest Or Optional Class Workout	T	1 Mile Build 5 x 4:00 On 2:00 Recovery Jog ½ Mile Slow	F	Class Workout	S	9-10 Miles	S	1 Hour Active Recovery Walk/ Mobility Session
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### Week 13

This is your last week of tempo runs. Enjoy. Feel strong!

M Class Workout	T ½ Mile Build 6-7 Miles Steady Pace ½ Mile Slow	W Rest Or Optional Class Workout	T 1 Mile Build 5 x 5:00 On 2:00 Recovery Jog ½ Mile Slow	F Class Workout	S 18-20 Miles	S 1 Hour Active Recovery Walk/ Mobility Session
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### Week 14

You are entering the “taper” phase. This is where you get more rest. Don’t overdo the training. The hay is in the barn. Stay healthy!

M Class Workout	T ½ Mile Build 7-8 Miles Steady Pace ½ Mile Slow	W Rest Or Optional Class Workout	T 2 Mile Warm-Up 6-8 x 200’s With 2:00 Rest or active jog between to recover 1 Mile Cool Down	F Class Workout	S 20-22 Miles	S 1 Hour Active Recovery Walk/ Mobility Session
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### Week 15

Keep up the good work in class. These will be your last few chances to work on your strength. Enjoy, but watch the weights and stay injury free. Put a premium on warm-up.

M Class Workout	T 6-7 Miles Steady	W Rest Or Optional Class Workout	T 1 Mile Warm-Up 4-6 x 200’s With 2:00 Rest or active jog between to recover 1 Mile Cool Down	F Rest Or Optional Class Workout	S 8-10 Miles Steady But Don’t Overdo It	S 1 Hour Active Recovery Walk/ Mobility Session
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### Week 16

This is your big week. Don’t overdo it. Pay attention to the details. Sleep, eat & recover well. If you’re feeling “restless” that’s a good sign your energy is coming back and you’re ready to go!!

M Last Class Workout. Take It Easy!	T 3-4 Miles Consistent Pace	W Rest Day!	T 1 Mile Warm-Up 4-6 x 100 Meter Floats On Soft Grass 1 Mile Cool Down	F Rest Day or 3 Mile Shake Down You could do this on Saturday to deal with some pre-race jitters.	S Rest Day or 3 Mile Shake Down You could do this on Saturday to deal with some pre-race jitters.	S  <b>Race Day!</b>
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