

# MARATHON TRAINING GUIDE

## DUKE CITY MARATHON • OCTOBER 23, 2005

This is a 12 week program designed to start on July 31, 2005.

Prepared by Duke City Marathon Board Member, John Bednarski. If you have questions or need additional information, please call John at 884-5300.

### STRETCHING

Six stretching exercises recommended during warm-up and cool-down; do them before any speed work.

- Stand flat-footed about three feet from the wall, holding legs straight, knees locked and feet flat, lean in. Hold for ten seconds. Relax. Continue for one minute.



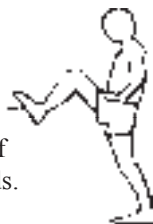
- Extend leg with knee locked over the back of a chair or table. Keep other leg straight with knee locked. Bring your hand to the knee of extended leg. Hold for ten seconds. Relax. Continue for one minute. Do the same with the other leg.



- Lie on the floor with knees bent and feet close to buttocks. Come to a sitting position. Lie back. Repeat twenty times or until you can't do it anymore.



- Place ball of foot on a secure support (wall, fence, table.) Keep the down leg pointed straight ahead. Bend knee of up leg as you move hips forward. This will stretch groin, hamstrings, and front of hip. Hold for 30 seconds. Repeat with other leg.



- Lie down on the floor. Bring your legs (as straight as possible over your head and try to touch the floor with your toes. Hold for ten seconds. Relax by bringing your knees to your ears for ten seconds. Continue one minute.



- Grab top of right foot with left hand and gently pull heel towards buttocks. This will stretch your knee and quad. Hold for 30 seconds. Repeat with other leg.



### TRAINING PROGRAM FOR MARATHON (26.2 MILES)

The following twelve week training program was designed for both the first time marathoner as well as those who have previously completed a 26.2 mile event.

	PHASE 1				PHASE 2				PHASE 3			
WEEK	1	2	3	4	5	6	7	8	9	10	11	12
MONDAY	4	4	5	5	6	6	5	5	9	10	10	7
TUESDAY	3	4	3	5	4	5	5	6	7	7	6	6
WEDNESDAY	I	I	I	I	I	I	I	I	I	I	I	R
THURSDAY	4	5	4	6	6	6	6	6	7	8	6	4
FRIDAY	2	3	3	3	8	10	11	7	10	12	10	2
SATURDAY	R	R	R	R	R	R	R	R	R	R	R	R
SUNDAY	7	7	10	10	12	12	14	16	18	20	12	RACE 26.2
TOTAL MILES*	24 3/4	27 3/4	30 3/4	30 3/4	41	44	48 1/2	47 1/2	56 3/4	62 3/4	44	19

\*1 1/2 Mile Warm Up & Warm Down I=Interval Training R=Rest

### PHASE 1

This phase of training assumes that you have reached the 4 mile per day level. First time marathoners should build up to this goal with at least 6 months of running experience.

The secret to successfully completing Phase 1 is learning to run at a consistent pace that will allow you to complete the marathon.

### PHASE 2

In Phase 2 you will experience a progressive increase in mileage, interval workout and training time.

### PHASE 3

Phase 3 leads you on a long run of 20 miles, increasing your confidence in performing long distance and increased intervals. Runs of diminishing distances in the 10 days immediately preceding the event allows you to build strength and rest for race day.

### WEDNESDAY INTERVAL TRAINING SCHEDULE

Begin with an easy mile and a half jog, stretching exercises, and end with a mile and a half easy jog.

Week 1:	Week 2:	Week 3:
4x440	4x440	6x440
440 jog between full recovery	440 jog between full recovery	440 jog between full recovery
65% effort	65% effort	65% effort
Week 4:	Week 5:	Week 6:
6x440	3x880	3x880
440 jog between decrease jog time	440 jog between full recovery	440 jog between full recovery
65% effort	65% effort	65% effort
Week 7:	Week 8:	Week 9:
5x880	5x880	3x1320
440 jog between decrease jog time	440 jog between decrease jog time	440 jog between full recovery
65% effort	75% effort	75% effort
Week 10:	Week 11:	
6x440	Fast tempo Fartlek*	
440 jog between decrease jog time	25-30 minutes	
75% effort		

\*Fartlek: A Swedish word for speed play. Accelerate when you feel good, then jog easily, repeat again for duration of workout.

\*\*Note: The marathon is run on pavement; therefore, you should do some training on pavement to get used to the surface.