

# BUFFALO CHIPS RUNNING CLUB

## Sixteen(+1)-Week Marathon Training Plan

The basic four-days a week running schedule shown makes up the “skeleton” of this training program and can be added to in order to increase your overall fitness preparations for the marathon. As you can see, Mondays are always given as an optional fifth running day and the other open days can also be included as running days, as well. In order to truly achieve an optimal conditioning goal for the marathon, it is suggested that you gradually increase your mileage over the course of this training plan until you are running seventy-five miles per week during the thirteenth and fourteenth weeks of the schedule. Of course, this would involve adding significant mileage to the open days of the week. The most important thing in your marathon plan, regardless of whichever mileage option fits your own personal circumstances, is to be consistent in your training schedule in order to achieve your goal. Other exercise can also complement this training plan, and I would even recommend some type of strength-training or stretching workouts in addition to running.

### **August 7 – August 13:**

(Monday = Optional 3-4 Miles)

Tuesday = Speed Work

Thursday = 6 Miles

Saturday = 12 Miles

Sunday = 8 Miles

### **August 14 – August 20:**

(Monday = Optional 3-4 Miles)

Tuesday = Speed Work

Thursday = 6 Miles

Saturday = 14 Miles (30-60 Seconds Slower Than Marathon Pace)

Sunday = 8 Miles (Recovery Run)

### **August 21 – August 27:**

(Monday = Optional 3-4 Miles)

Tuesday = Speed Work

Thursday = 6 Miles

Saturday = 13 Miles (Marathon Pace)

Sunday = 6 Miles (Hill Workout)

**August 28 – September 3:**

(Monday = Optional 3-4 Miles)

Tuesday = Speed Work

Thursday = 7 Miles

Saturday = 16 Miles (30-60 Seconds Slower than Marathon Pace)

Sunday = 8 Miles (Recovery Run)

**September 4 – September 10:**

(Monday = Optional 5-6 Miles)

Tuesday = Speed Work

Thursday = 7 Miles

Saturday = 10 Miles (Buffalo Stampede 10-Mile Race)

Sunday = 12 Miles

**September 11 – September 17:**

(Monday = Optional 5-6 Miles)

Tuesday = Speed Work

Thursday = 8 Miles

Saturday = 18 Miles (30-60 Seconds Slower Than Marathon Pace)

Sunday = 8 Miles (Recovery Run)

**September 18 - 24:**

(Monday = Optional 5-6 Miles)

Tuesday = Speed Work

Thursday = 8 Miles

Saturday = 16 Miles (Marathon Pace)

Sunday = 4 X 1-Mile Intervals

**September 25 – October 1:**

(Monday = Optional 6-7 Miles)

Tuesday = Speed Work

Thursday = 8 Miles

Saturday = 7 Miles

Sunday = 13.1 Miles (2017 Urban Cow Half-Marathon Race)

**October 2 – October 8:**

(Monday = Optional 6-7 Miles)

Tuesday = Speed Work

Thursday = 7 Miles

Saturday = 18 Miles (30-60 Seconds Slower Than Marathon Pace)

Sunday = 10 Miles (Recovery Run)

**October 9 – October 15:**

(Monday = Optional 7-8 Miles)

Tuesday = Speed Work

Thursday = 8 Miles

Saturday = 16 Miles (Marathon Pace)

Sunday = 5 X 1-Mile Intervals

**October 16 – October 22:**

(Monday = Optional 7-8 Miles)

Tuesday = Speed Work

Thursday = 8 Miles

Saturday = 20 Miles (30-60 Seconds Slower Than Marathon Pace)

Sunday = 10 Miles (Recovery Run)

**October 23 – October 29:**

(Monday = Optional 8 Miles)

Tuesday = Speed Work

Thursday = 8 Miles

Saturday = 16 Miles (Marathon Pace)

Sunday = 9 Miles (Hill Workout)

**October 30 – November 5:**

(Monday = Optional 8 Miles)

Tuesday = Speed Work

Thursday = 10 Miles

Saturday = 22 Miles (30-60 Seconds Slower Than Marathon Pace)

Sunday = 10 Miles (Recovery Run)

**November 6 – November 12:**

(Monday = Optional 8 Miles)

Tuesday = Speed Work

Thursday = 8 Miles

Saturday = 18 Miles (30-60 Seconds Than Marathon Pace)

Sunday = 10 Miles (Recovery Run)

**November 13 – November 19:**

(Monday = Optional 8 Miles)

Tuesday = Speed Work

Thursday = 12 Miles

Saturday = 16 Miles (Marathon Pace)

Sunday = 3 X 2 Mile Intervals

**November 20 – November 26:**

(Monday = Optional 5-6 Miles)

Tuesday = Speed Work

Thursday = 6 Miles

Saturday = 12 Miles (Marathon Pace)

Sunday = 6 Miles (Recovery Run)

**November 27 - December 3:**

(Monday = Optional 3-4 Miles)

Tuesday = (Easy) Speed Work

Thursday = 6 Miles

Saturday = 3 Miles

Sunday = 26.2 Miles (2017 California International Marathon!)