

BUFFALO CHIPS RUNNING CLUB

(Not For Babies) Sixteen-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 available option and the other open days can also be included as running days if your schedule permits. 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.

January 2-8:

(Monday = Optional 3-4 Miles)
Tuesday = Speed Work
Thursday = 6 Miles
Saturday = 12 Miles
Sunday = 8 Miles (Recovery Run)

January 9-15:

(Monday = Optional 3-4 Miles)
Tuesday = Speed Work
Thursday = 6 Miles
Saturday = 10 Miles (Marathon Pace)
Sunday = Hill Workout

January 16-22:

(Monday = Optional 3-4 Miles)
Tuesday = Speed Work
Thursday = 6 Miles
Saturday = 15 Miles
Sunday = 6 Miles (Recovery Run)

January 23-29:

(Monday = Optional 3-4 Miles)
Tuesday = Speed Work
Thursday = 7 Miles
Saturday = 13 Miles (Marathon Pace)
Sunday = 4 X 1-Mile Intervals

January 30-February 5:

(Monday = Optional 5-6 Miles)
Tuesday = Speed Work
Thursday = 7 Miles
Saturday = 18 Miles
Sunday = 8 Miles (Recovery Run)

February 6-12:

(Monday = Optional 5-6 Miles)
Tuesday = Speed Work
Thursday = 8 Miles
Saturday = 15 Miles (Marathon Pace)
Sunday = 4 X 1-Mile Intervals

February 13-19:

(Monday = Optional 5-6 Miles)
Tuesday = Speed Work
Thursday = 8 Miles
Saturday = 20 Miles
Sunday = 8 Miles (Recovery Run)

February 20-26:

(Monday = Optional 6-7 Miles)
Tuesday = speed Work
Thursday = 8 Miles
Saturday = 16 Miles (Marathon Pace)
Sunday = 5 X 1-Mile Intervals

February 27-March 5:

(Monday = Optional 6-7 Miles)
Tuesday = Speed Work
Thursday = 7 Miles
Saturday = 20 Miles
Sunday = 10 Miles (Recovery Run)

March 6-12:

(Monday = Optional 7-8 Miles)
Tuesday = Speed Work
Thursday = 8 Miles
Saturday = 4 Miles
Sunday = Half-Marathon

March 13-19:

(Monday = Optional 7-8 Miles)
Tuesday = Speed Work
Thursday = 8 Miles
Saturday = 18 Miles
Sunday = 10 Miles (Recovery Run)

March 20-26:

(Monday = Optional 8 Miles)
Tuesday = Speed Work
Thursday = 8 Miles
Saturday = 24 Miles
Sunday = 5 Miles (Recovery Run)

March 27-April 2:

(Monday = Optional 8 Miles)
Tuesday = Speed Work
Thursday = 10 Miles
Saturday = 18 Miles (Marathon Simulator)
Sunday = 3 X 2 Mile Intervals

April 3-9:

(Monday = Optional 8 Miles)
Tuesday = Speed Work
Thursday = 8 Miles
Saturday = 20 Miles
Sunday = 10 Miles (Recovery Run)

April 10-16:

(Monday = Optional 8 Miles)
Tuesday = Speed Work
Thursday = 12 Miles
Saturday = 15 Miles
Sunday = 3 X 2 Mile Intervals

April 17-23:

(Monday = Optional 5-6 Miles)
Tuesday = Speed Work
Thursday = 6 Miles
Saturday = 12 Miles
Sunday = 6 Miles (Recovery Run)

April 24-30:

(Monday = Optional 3-4 Miles)

Tuesday = (Easy) Speed Work

Thursday = 6 Miles

Saturday = 3 Miles

Sunday = Pony Express Marathon!