

NOLA Marathon Training Plan

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Miles
Week 1	11/27 through 12/3	14 Miles MP+30 to 60 seconds	4-5 Mile Easy Run	Moderate Tempo run: 1M warmup then 2-3M @ half mara pace then 1M cooldown	4-5 Mile Easy Run	1M warmup; form drills; 20-30 min easy running with 1 stride per 400m	Rest	4-5 Mile Easy Run	40
Week 2	12/4 through 12/10	Join the Voices 5M adding on 10 additional miles for a total of 15M	4-5 Mile Easy Run	5-8M easy run	4-5 Mile Easy Run	Whippet Benchmark workout	Rest	4-5 Mile Easy Run	42
Week 3	12/11 through 12/17	12 Miles MP+30 to 60 seconds	4-5 Mile Easy Run	1M warmup, 5M at MP, 1 M cooldown	4-5 Mile Easy Run	1M warmup; drills; 8-10 Yasso 800s; 0.5M cooldown	Rest	4-5 Mile Easy Run	40
Week 4	12/18 through 12/24	16 Miles Progression Run (11 Miles at MP+15; 5 Miles at MP)	4-5 Mile Easy Run	Hill repeats: 1.5M warmup, Strides 6-8x400m uphill, jog downhill, 1.5M cooldown	4-5 Mile Easy Run	1M warmup; drills; 4-6x1200@10k pace (jog 400 recovery); 0.5M cooldown, core strength	Rest	4-5 Mile Easy Run	42
Week 5	12/25 through 12/31	12 Miles MP+30 to 60 seconds	4-5 Mile Easy Run	Steady State Run 6-7M HMP+10 to 20 Strides, form drills	4-5 Mile Easy Run	1M warmup; form drills; 1600m Supersets: 3-4 1200s (10k pace) immediately followed by 400 (5k pace); recover 800; 0.5M cooldown	Rest	4-5 Mile Easy Run	41
Week 6	1/1 through 1/7	14 Miles MP+30 to 60 seconds	4-5 Mile Easy Run	Hill repeats: 1.5M warmup, Strides 6x800m uphill jog 1.5M cooldown	4-5 Mile Easy Run	1M warmup; drills; 12-16x400m @ 10k minus 15 seconds pace (jog 200 recovery); 0.5M cooldown	Rest	4-5 Mile Easy Run	41
Week 7	1/8 through 1/14	18 Miles MP+30 to 60 seconds	4-5 Mile Easy Run	Steady State Run 9-10M HMP+10 to 20 Strides, form drills	4-5 Mile Easy Run	1M warmup; drills; 4-6M repeats; start at 10k + 15 seconds and get faster 5 seconds per mile each rep; 0.5M cooldown	Rest	4-5 Mile Easy Run	49

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<p>Note: Long Runs should generally be done at slower than goal marathon pace. Please read this article for proper long run pacing advice: http://www.mcmillanrunning.com/marathonlongrun.htm</p>								
Terminology & Workout Descriptions								
Rest days	Monday, Wednesday and Friday should have little or no sustained aerobic activity. It is OK for dedicated gym members to do strength/flexibility work (resistance/weights, plyometrics, stretch, etc.) on these days, as well as Saturday. But AVOID overdoing ANYTHING on Wednesday -- recovery is critical to developing strength.							
Easy run	Goal: build aerobic conditioning. Very low-intensity effort; should be able to have a phone conversation without the other party knowing you are running							
Progression run	Goal: build aerobic conditioning. Most of the run is at an easy pace, but the last 10-30% is at half marathon pace.							
Moderate tempo	Goal: build aerobic conditioning. Repeated cycles of 0.5M easy, 1.5M @ half marathon pace. Finish with 0.5-1M easy. No rest between pace changes.							
Hard tempo	Goal: develop specific endurance. Repeated cycles of 0.5M @ half marathon pace, 1.5M @ 10K pace. Finish with 0.5-1M easy or half marathon pace. No rest between pace changes.							
Long tempo	Goal: develop specific endurance. Longer run with longer cycles at various paces, as described in the grid above. No rest between pace changes.							
Hill run	Goal: build aerobic conditioning. Do a run on a hilly course. Surge on the uphills (half marathon pace). On the flats and downhills, run VERY easy.							
Hill repeats	Goal: develop neuromuscular fitness. Relatively short repeats (200m to 400m) on uphills at faster than 10K race pace, with full recovery.							
Speed intervals	Goal: develop neuromuscular fitness or specific endurance. Numerous repeats of runs from 400m to 1.5 miles at race pace or faster, with active recovery between repeats.							
#min recovery	All recovery periods after speed intervals should be active (slow jogging) to flush buildup of lactic acid and keep heart working at steady pace. If you start to get fatigued during interval workouts, do NOT lengthen recovery period -- instead, slow down pace of speedwork.							
Strides, Form drills, Core strength	Goal: develop neuromuscular fitness. Various exercises to strengthen muscles, teach good form, and improve running economy. Strides: 80-100 meters of steady acceleration, hold at 90% of full speed, steady deceleration. Form drills and core strengthening exercises: Will be taught at each workout to runners who aren't familiar with them.							
Half mara pace	Current half marathon race pace -- should be your best estimate of the half marathon you are capable of TODAY rather than PR or goal pace. Typically, half marathon race pace is 5-7% slower than 10K race pace. (An estimate is calculated in the table below.)							
10K pace	Current 10K race pace -- should be your best estimate of of the half marathon you are capable of TODAY rather than PR or goal pace.							
Speed pace	McMillan speed pace -- 3-11% faster than current 10K pace. View "Speed (Long Distance Runners)" column of http://www.mcmillanrunning.com/mcmillanrunningcalculator.htm or use the table below for an estimate.							
Dashing Whippets New Orleans Marathon Training Plan, Winter 2011-2012								

