



SILO DISTRICT

MARATHON

2018

**TRAINING
PLAN + LOG**

JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN
REST DAY	WORKOUT 1	OPTIONAL RUN OR CROSS TRAIN	EASY RUN	WORKOUT 2	OPTIONAL RUN OR CROSS TRAIN	LONG RUN
1	2	3	4	5	6	7
		10 min run	rest day	15 min run + 3x15 sec strides	rest day	20 min easy
8	9	10	11	12	13	14
rest day	15 min easy	30 min of brisk walk or elliptical	rest day	20 min run (walk 1 min after every 5 min)	30 min x-train	25 min easy
15	16	17	18	19	20	21
rest day	15x walk for 30 sec, run for 1 min 30 sec	30 min x-train	rest day	30 min run (walk 1 min after every 5 min)	35 min x-train	GOAL: 5K run 3.5 miles (walk 1 min after each mile)
22	23	24	25	26	27	28
rest day	fast finish run: 3x10 min run, 1 min walk + 5 min mod run	30 min x-train	rest day	speed play: 35 min run with 4x30 sec pick-ups*	30 min x-train	4.5 miles or 5 miles easy*
29	30	31				
rest day	fast finish run: 35 min easy + 5 min mod*	30 min x-train				

NOTES:

*JAN 26: walk 1 min every 10 min, walk 30 sec after pick-ups | *JAN 28: walk 1 min after every mile | *JAN 30: walk at 10 min intervals|

FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
REST DAY	WORKOUT 1	OPTIONAL RUN OR CROSS TRAIN	EASY RUN	WORKOUT 2	OPTIONAL RUN OR CROSS TRAIN	LONG RUN
			speed play: ¹ 35 min run with 4x30 sec pick-ups*	² 30 min x-train	³ rest day	⁴ GOAL: 10K run 6.4 miles (walk 1 min after 10 min)
⁵ rest day	⁶ speed play: 15 min easy 8x15 min easy*	⁷ 40 min (easy or x-train)	⁸ 40 min easy	⁹ fast finish: 40 min easy + 5 min mod	¹⁰ 40 min (easy or x-train)	¹¹ 7 miles easy
¹² rest day	¹³ hills: 10 min easy, 7x(1:30 up/2:30 easy), 10 min easy	¹⁴ 45 min (easy or x-train)	¹⁵ 45 min easy	¹⁶ fast finish: 45 min easy, 10 min mod	¹⁷ 45 min (easy or x-train)	¹⁸ 9 miles easy
¹⁹ rest day	²⁰ intervals: 10 min easy, 6x 10 min easy*	²¹ 45 min (easy or xtrain)	²² 45 min easy	²³ fast finish: 50 min easy, 10 min mod	²⁴ 45 min (easy or x-train)	²⁵ 10 miles easy
²⁶ rest day	²⁷ speed play: 12 min easy, 10x12 min easy*	²⁸ 45 min (easy or x-train)				

NOTES:

*FEB 1: walk at 10 min intervals | *FEB 6: 20 sec hard/1:40 easy | *FEB 20: 2 min hard/2 min easy | *FEB 27: 20 sec hard/1:40 easy

MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
REST DAY	WORKOUT 1	OPTIONAL RUN OR CROSS TRAIN	EASY RUN	WORKOUT 2	OPTIONAL RUN OR CROSS TRAIN	LONG RUN
			1 45 min easy	2 fast finish: 40 min easy, 10 min mod	3 45 min (easy or x-train)	4 11 miles easy
5 rest day	6 intervals: 10 min easy, 5x10 min easy*	7 45 min (easy or x-train)	8 50 min easy	9 tempo: 15 min easy, 15 min mod, 15 min easy	10 50 min (easy or x-train)	11 7 miles easy
12 rest day	13 intervals: 10 min easy, 4x10 min easy*	14 50 min (easy or x-train)	15 50 min easy	16 tempo: 15 min easy, 20 min mod, 15 min easy	17 50 min (easy or x-train)	18 12 miles easy
19 rest day	20 hills: 12 min easy, 8x 12 min easy*	21 45 min (easy or xtrain)	22 45 min easy	23 tempo: 15 min easy, 15 min mod, 15 min easy	24 45 min (easy or x-train)	25 14 miles easy
26 rest day	27 progression: 20 min easy, 3x 3 min mod /2min hard/ 5 min easy	28 50 min (easy or x-train)	29 55 min easy	30 tempo: 15 min easy, 25 min mod, 15 min easy	31 50 min (easy or x-train)	

NOTES:

*MAR 6: 3 min hard/2mine east | *MAR 13: 4 min hard/3 min easy | *MAR 20: 30 sec hard up/1:30 easy down

APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
REST DAY	WORKOUT 1	OPTIONAL RUN OR CROSS TRAIN	EASY RUN	WORKOUT 2	OPTIONAL RUN OR CROSS TRAIN	LONG RUN
						1 16 miles easy
2 rest day	3 progression: 25 min easy, 3x 3.5 mod, 1.5 hard, 5 easy	4 50 min (easy or x-train)	5 55 min easy	6 tempo: 15 min easy 30 min easy 15 min easy	7 50 min (easy or x-train)	8 8 miles easy
9 rest day	10 hills: 15 min easy, 8x 15 min easy*	11 45 min (easy or x-train)	12 45 min easy	13 tempo: 15 min easy 25 min mod 15 min easy	14 45 min (easy or x-train)	15 18 miles easy
16 rest day	17 progression: 30 min easy, 4x 4 mod, 1 hard, 5 easy	18 50 min (easy or xtrain)	19 50 min easy	20 tempo: 15 min easy 35 min mod 15 min easy	21 55 min (easy or x-train)	22 20 miles easy
23 rest day	24 progression: 10m easy, 15m mod, 5m hard, 10m easy	25 45 min (easy or x-train)	26 50 min easy	27 tempo: 15 min easy 25 min mod 15 min easy	28 50 min (easy or x-train)	29 11-12 miles easy

NOTES:

*APR 10: 30 sec hard up/1:30 easy down

MAY

MON	TUE	WED	THU	FRI	SAT	SUN
REST DAY	WORKOUT 1	OPTIONAL RUN OR CROSS TRAIN	EASY RUN	WORKOUT 2	OPTIONAL RUN OR CROSS TRAIN	LONG RUN
30 rest day	1 speed play: 40 min easy + 4x1 min hard throughout run	2 30 min (easy or x-train)	3 final workout: 20 min easy, 10 min mod	4 rest day	5 20-25 min easy run	6 MARATHON RACE DAY!
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOTES:
