



Basic Marathon Training Program

Weeks left	Week beginning	Mon	Tues	Wed	Thurs	Fri	Sat	Saturday location & notes	Sun	Weekly Miles
18	11/17/2014	0	5	3	5	0	8	See Jane Run to Berkeley	3	24
17	11/24/2014	0	5	4	5	0	10	Lafayette/Moraga Trail	3	27
16	12/1/2014	0	6	5	4	0	12	Transports - ORF preview	3	30
15	12/8/2014	0	6	6	4	0	14	SF Ferry Bldg to Golden Gate Bridge	3	33
14	12/15/2014	0	6	6	4	0	9	Tilden Inspiration Pt, Wildcat Canyon	3	28
13	12/22/2014	0	6	5	4	3	4 or 10	4 (if racing LMJS 4SR) or run on your own	10k or 4	28 or 32
12	12/29/2014	0	6	6	4	3	15	Emeryville - Bay Bridge	3	37
11	1/5/2015	0	6	6	5	3	18	Road Runner Sports, Contra Costa Trails	3	41
10	1/12/2015	0	6	6	5	5	16	ORF Course Preview	3	41
9	1/19/2015	0	6	6	5	3	18	Sports Basement, Bay Trail Richmond	3	41
8	1/26/2015	0	6	6	5	4	3 or 17	3 (if racing Kaiser) or run on your own	13.1 or 4	37 or 42
7	2/2/2015	0	6	6	6	4	16	Bay Farm Ferry Terminal & Crown Beach	4	42
6	2/9/2015	0	6	6	5	3	20	Forward Motion Danville, Iron Horse Trail	3	43
5	2/16/2015	0	6	6	6	4	16	Alameda Creek Trail - Beard St., Fremont	3	41
4	2/23/2015	0	6	6	6	3	20	ORF Course Preview	3	44
3	3/2/2015	0	6	5	4	4	15	San Leandro Bay Trail, Hayward Shoreline	4	38
2	3/9/2015	0	4	6	4	0	10	Lake Merritt to Piedmont	4	28
1	3/16/2015	0	4	4	3	0	3	Oakand Marathon	26.2	14+race

All runs except speed workouts are at easy pace.

Optional Speed Work: next page



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Optional Speed Work

Speed work is not required if your goal is to finish a marathon. However, if you hope to improve your time, speed work can help.

Coach Will will lead speed workouts on Tuesdays at 6:30 p.m. at the Piedmont High School Track (until further notice).

If you are new to speed work, talk to a coach about getting started, and err on the side of caution.

Don't do a speed workout the day after or before a long run.

All speed workouts begin with a minimum 1 mile warm-up and end with 1 mile cool-down.

For all speed workouts below, include a 400 m very easy jog between faster intervals, except where noted and for Yasso 800s.

The following schedule is a suggestion; feel free to make adjustments.

Key: RP = race pace (goal marathon pace), based on your **current** fitness level
T = Threshold pace
I = Interval Pace
E = Easy pace

Weeks left	Tuesday	Workout
18	11/18/2014	5 @ E (no speed workout)
17	11/25/2014	6 x 800m @ RP
16	12/2/2014	3 x 1600m @ RP
15	12/9/2014	6 x 800m @ T
14	12/16/2014	3 x 1600m @ RP
13	12/23/2014	6 x 800m @ T
12	12/30/2014	6 @ E (no speed workout)
11	1/6/2015	4 x 1000m @ I
10	1/13/2015	3 x 1600m @ RP
9	1/20/2015	4 x 1200m @ T
8	1/27/2015	4 x 400m @ I (1 min recovery), 2 x 1000 @ T, 4 x 400 @ I (1 min recovery)
7	2/3/2015	6 @ E (no speed workout)
6	2/10/2015	6 x 800m @ T
5	2/17/2015	4 x 400m @ I (1 min recovery), 2 x 1000 @ T, 4 x 400 @ I (1 min recovery)
4	2/24/2015	4 x 1200m @ T
3	3/3/2015	Yasso 800s Note: reduce Wednesday workout to 2 miles if you complete this workout
2	3/10/2015	2 x 2000 @ RP
1	3/17/2015	4 @ E (no speed workout)