



## OC MARATHON – May 7, 2023

WEEK	DATE	SATURDAY MILES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	11/5/22	4 MI EASY P*	ACTIVE RECOVERY	3 MI EASY+	3 MI EASY+	3 MI TEMPO 1 MI EASY 1 MI @ TP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
2	11/12/22	5 MI EASY P*	ACTIVE RECOVERY	3 MI EASY+	3 MI EASY+	3 MI TEMPO 1 MI EASY 1 MI @ TP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
3	11/19/22	6 MI EASY P*	ACTIVE RECOVERY	3 MI EASY+	3 MI EASY+	3 MI TEMPO 1 MI EASY 1 MI @ TP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
4	11/26/22	7 MI EASY P*	ACTIVE RECOVERY	4 MI EASY+	4 MI EASY+	3 MI TEMPO 1 MI EASY 1MI @ TP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
5	12/3/22	8 MI EASY P*	ACTIVE RECOVERY	4 MI EASY+	4 MI EASY+	4 MI TEMPO 1 MI EASY 2 MI @ TP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
6	12/10/22	10 MI EASY P*	ACTIVE RECOVERY	4 MI EASY+	4 MI EASY+	4 MI TEMPO 1 MI EASY 2 MI @ TP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
7	12/17/22	12 MI EASY P*	ACTIVE RECOVERY	4 MI EASY+	4 MI EASY+	5 MI PROGRESSIVE	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
8	12/24/22	13 MI EASY P*	ACTIVE RECOVERY	3 MI EASY+	3 MI EASY+	5 MI TEMPO 1 MI EASY 3x1 MI @ TP w/ 2 min RP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
9	12/31/22	10 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	6 MI PROGRESSIVE	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
10	1/7	14 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	4 MI STEADY	STRENGHT TRAIN LHR 45-60 min	ACTIVE RECOVERY
11	1/14	10 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	5 MI HILLS 2 MI EASY 8 X 30 Sec. Hill Repeats CD to Total	STRENGHT TRAIN LHR 45-60 min	ACTIVE RECOVERY

12	1/21	14 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	5 MI STEADY	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
13	1/28	10 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	6 MI TEMPO 1 MI EASY 4x1 MI @ TP w/ 2 min RP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
14	2/4	15 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	5 MI HILLS 2 MI EASY 8 X 30 Sec. Hill Repeats CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
15	2/11	10 MI STEADY	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	4 MI STEADY	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
16	2/18	14 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	5 MI TEMPO 1 MI EASY 2x1 MI @ TP w/ 2 min RP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
17	2/25	12 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	5 MI STEADY	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
18	3/4	13 MI STEADY	ACTIVE RECOVERY	4 MI EASY+	4 MI EASY+	6 MI HILLS 2 MI EASY 8 X 30 Sec. Hill Repeats CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
19	3/11	16 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	6 MI STEADY	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
20	3/18	17/20 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	7 MI TEMPO 1 MI EASY 2x2 MI @ TP w/ 4 min RP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
21	3/25	10 MI STEADY	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	6 MI HILLS 2 MI EASY 8 X 30 Sec. Hill Repeats CD to Finish	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
22	4/1	14 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	6 MI TEMPO 1 MI EASY 4x1 MI @ TP w/ 1 min RP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
23	4/8	18 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	6 MI STEADY	STRENGHT TRAIN LHR 45-60 min	ACTIVE RECOVERY

24	4/15	20 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	6 MI STEADY	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
25	4/22	15 MI EASY P*	ACTIVE RECOVERY	4 MI EASY+	4 MI EASY+	4 MI STEADY	STRENGHT TRAIN LOW HR 30-45 min	ACTIVE RECOVERY
26	4/29	10 MI EASY P*	ACTIVE RECOVERY	4 MI EASY	4 MI EASY	2 MI EASY	ACTIVE RECOVERY	ACTIVE RECOVERY
27	5/6	<b>REST on Sat.</b>  <b>Run 26.2 miles Sun. 5/7</b>	<b>RACE DAY</b>	Walk 3 miles  Medal Monday	REST	Walk 4 miles	ACTIVE RECOVERY	ACTIVE RECOVERY
28	5/13	<b>3-4 /Take it slow</b>	<b>REST</b>	<b>After your marathon, take three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!</b>				

EASY P\*= Start at Recovery Pace and finish at Easy Pace

EASY+ = Run at Easy Pace and finish w/ 4x20 second strides at HMP during the last mile of the run

HMP= Half Marathon Pace

MP = Marathon Pace

CD = Cool Down Pace (Super Easy Pace)

STEADY = Run first 2 or 4 miles EASY and the rest of the Run at Goal MP

RP= RECOVERY PACE = Very Easy Pace, approximately 1.5 minutes slower than Goal MP

EASY PACE = Pace that is approximately 1 minute slower than Goal MP

TP= TEMPO PACE = Pace that is approximately 15 to 30 seconds faster than Goal MP

Goal MP = Your Goal Marathon Pace (Example: 9 minute Goal MP = 4 hour Marathon)

PROGRESSIVE = Start at Easy Pace and pick up the pace one Mile at a time to HMP. CD at the end.

HILL REPEATS = Run up the hill for the target time, walk or job down the hill and repeat the process

CD to Total= Cool Down Pace until you reach the total miles for the run

ACTIVE RECOVERY= Walk, Yoga, Stretch, Foam Roll, Epson Salt Bath, Ice Bath

STRENGHT TRAINING = Complimentary strength training exercises to make your body stronger for running