



OC MARATHON – May 5, 2024

WEEK	DATE	SATURDAY MILES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	1/13	8-10 MI	REST	4 MI EASY	Fartlek: 6 mi 10x1:00 @ 5K effort w/2:00 jog recovery between reps	5 MI EASY Strength Training	8 MI EASY + 4x20 second Strides	REST
2	1/20	8-10 MI	REST	4 MI EASY	Hill Repeats: 6 Miles 8x20- Hill Repeats at hard effort w/1:00 recovery between repeats	5 MI EASY Strength Training	8 MI EASY + 4x20 second Strides	REST
3	1/27	10 MI	REST	5 MI EASY	Tempo Run: 2 Mile warm-up, 3 Miles @ half marathon pace, 2 Mile cool-down (7 miles)	5 MI EASY Strength Training	Fartlek: 8 mi 10x2:00 @ 10K effort w/2:00 jog recovery between reps	REST
4	2/3	10 MI	REST	5 MI EASY	Hill Repeats: 7 Miles 10x30-Hill Repeats at hard effort w/1:00 recovery between repeats	5 MI EASY Strength Training	6 MI EASY + 4x20 second Strides	REST
5	2/10	11 MI	REST	5 MI EASY	Fartlek: 8 mi 5x5:00 @ half marathon effort w/1:00 jog recovery between reps	5 MI EASY Strength Training	8 MI EASY + 5x20 second Strides	REST
6	2/17	12 MI	REST	5 MI EASY	Hill Repeats: 7 Miles 8x45- Hill Repeats at hard effort w/1:30 recovery	5 MI EASY Strength Training	10 MI EASY + 5x20 second Strides	REST

					between repeats			
7	2/24	14 MI	REST	5 MI EASY	Tempo Run: 2 Mile warm-up, 5 Miles @ half marathon pace, 2 Mile cool-down (9 miles)	5 MI EASY Strength Training	Fartlek: 10 mi 6x4:00 @ 10k effort w/2:00 jog recovery between reps	REST
8	3/2	12 MI	REST	5 MI EASY	Intervals: 7 miles 10x400M @ 5K Pace w/200M jog recovery between repeats	5 MI EASY Strength Training	6 MI EASY + 5x20 second Strides	REST
9	3/9	15 MI	REST	5 MI EASY	Hill Repeats: 9 Miles 10x1:00- Hill Repeats at hard effort w/2:00 recovery between repeats	5 MI EASY Strength Training	11 MI EASY + 5x20 second Strides	REST
10	3/16	16 MI	REST	5 MI EASY	Intervals: 10 miles 8x1000M @ 1K Pace w/400M jog recovery between repeats	5 MI EASY Strength Training	Fartlek: 10 mi 12x1:00@ 5k effort w/1:00 jog recovery between reps	REST
11	3/23	12 MI	REST	5 MI EASY	Tempo Run: 2 Mile warm-up, 6 Miles @ half marathon pace, 2 Mile cool-down (10 miles)	5 MI EASY Strength Training	10 MI EASY + 6x20 second Strides	REST
12	3/30	18 MI	REST	5 MI EASY	8 MI EASY+ 5x 20 second strides	5 MI EASY Strength Training	10 MI EASY + 6x20 second Strides	REST
13	4/6	13 MI	REST	5 MI EASY	Intervals: 10 miles 5x1mile @ 10K Pace w/2:30 recovery between repeats	5 MI EASY	6 MI EASY + 6x20 second Strides	REST
14	4/13	20 MI	REST	5 MI EASY	10 MI EASY	5 MI EASY Strength Training	Fartlek: 10 mi 5x3:00@ 5k effort w/2:00	REST

							jog recovery between reps	
15	4/20	13 MI	REST	5 MI EASY	6 MI EASY+ 6x 20 second strides	5 MI EASY Strength Training	Intervals: 10 miles 8x1000M @ 10k Pace w/400M jog recovery between repeats	REST
16	4/27	8 MI	REST	5 MI EASY	Tempo Run: 2 Mile warm-up, 3 Miles @ goal marathon pace, 2 Mile cool-down (7 miles)	5 MI EASY	Fartlek: 5 mi 4-5x2:00@ 10k pace w/2:00 jog recovery between reps	REST
17	5/4	REST on Sat. Run 26.2 miles Sun. 5/5	RACE DAY	Walk 3 miles Medal Monday	REST	Walk 4 miles	REST	REST
18	5/11	3-4 /Take it slow	REST	After your marathon, take three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!				

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