



TRAINING SCHEDULE FOR: 2019 OC Marthon

Beginner: 0-3 previous marathons (B)

Advanced: 4+ previous marathons (A)

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
1	11/10	4 (B) 6 (A)	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
2	11/17	5 (B) 7 (A)	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
3	11/24	6 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
4	12/1	7 (B) 9 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
5	12/8	8 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
6	12/15	9 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
7	12/22	10 (B) 12 (A)	Walk 30 min	Alternate Exercise 40 min	Run 50 min	Cross- Train 40 min	Run 50 min	Rest
8	12/29	8 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
9	1/5	12 (B) 14 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 50 min	Rest
10	1/12	8 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
11	1/19	14 (B) 16 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min	Rest
12	1/26	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
13	2/2	16 (B) 18 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min	Rest

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
14	2/9	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 50 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
15	2/16	12 (B) 12 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 50 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
16	2/23	18 (B) 20 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min	Rest
17	3/2	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
18	3/9	12 (B) 12 (A)	Walk 30 min	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
19	3/16	20 (B) 22 (A)	Walk 30 min	Alternate Exercise/ Track	Run 60 min easy pace	Cross- Train 50 min	Run 60 min fast pace	Rest
20	3/23	10 (B) 10(A)	Trail Run Walk	Alternate Exercise/ Track	Run 40 min easy pace	Cross- Train 50 min	Run 40 min fast pace	Rest
21	3/30	12 (B) 12 (A)	Walk 30 min	Alternate Exercise/ Track	Run 40 min easy pace	Cross- Train 50 min	Run 40 min fast pace	Rest
22	4/6	22 (B) 24 (A)	Walk 30 min	Alternate Exercise/ Track	Run 60 min easy pace	Cross- Train 50 min	Run 60 min fast pace	Rest
23	4/13	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise/ Track	Run 50 min easy pace	Cross- Train 50 min	Run 50 min fast pace	Rest
24	4/20	8 (B) 8 (A)	Trail Run Walk	Alternate Exercise/ Track	Run 50 min easy pace	Cross- Train 50 min	Run 50 min fast pace	Rest
25	4/27	8 (B) 8 (A)	Rest	Rest	Run 30 min	Rest	Rest (B) Run 30 min (A)	Rest
26	5/4	Rest	Sun., May 5 26.2 miles	Walk 3 miles Wear your medal all day	Rest	Walk 4 miles	Swim	Rest
	5/11	3-4 (B) 6-8 (A) Take it slow!	Rest	After your marathon, take three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!				