The marathon program becomes more difficult each week. This progressive overload combined with rest days improves your muscular, skeletal and cardiovascular systems. Hard days challenge, easy days provide rest and regeneration. Hard days have hill runs, tempo runs, and speed and long runs. The balance of the schedule is either an off day or recovery run day. Recovery runs are done with a relaxed pace. Periodization is a series of buildups in total mileage and in the long run distance, followed by a cutback week. After this easy week, we build up the long run and the distance. These periods of buildup in mileage followed by a recovery week rejuvenate and prepare you for the next buildup.

For extended advice and a full schedule visit us at www.runningroom.com

### MARATHON (All distances in km)

<table>
<thead>
<tr>
<th>Week</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>16 LSD</td>
<td>Off</td>
<td>6</td>
<td>10</td>
<td>8</td>
<td>Off</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Run/Walk</td>
<td></td>
<td>Tempo</td>
<td></td>
<td>Steady Run</td>
<td></td>
<td>Steady Run</td>
</tr>
</tbody>
</table>

**Pace Guidelines**

- **To Complete 4:00**
  - Long Run: 6:22-7:11/km
  - Steady Run: 6:22
  - Tempo: 5:44
  - Average Pace for Run/Walk: 5:26
- **To Complete 4:30**
  - Long Run: 7:08-8:00/km
  - Steady Run: 7:08
  - Tempo: 6:26
  - Average Pace for Run/Walk: 6:09

### HALF MARATHON (All distances in km)

<table>
<thead>
<tr>
<th>Week</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>9 LSD</td>
<td>Off</td>
<td>4</td>
<td>4</td>
<td>3</td>
<td>Off</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Run/Walk</td>
<td></td>
<td>Tempo</td>
<td></td>
<td>Steady Run</td>
<td></td>
<td>Steady Run</td>
</tr>
</tbody>
</table>

**Pace Guidelines**

- **To Complete 2:00**
  - Long Run: 6:34-7:23/km
  - Steady Run: 6:34
  - Tempo: 5:55
  - Average Pace for Run/Walk: 5:27

Run/Walk Interval = 10 minutes running, 1 minute walking
Hills are a distance of 600 meters