



CLOCKTOWER RUNNERS

2010 TRAINING PROGRAM FOR THE BANK OF AMERICA
CHICAGO MARATHON

ClockTower Runners 2010 Training Program for the Chicago Marathon

The program consists of 18 weeks, starting Monday, June 7 with the first group long run on Saturday, June 12. The program culminates with the Bank of America Chicago Marathon on October 10, 2010.

The program has three training schedules; Novice marathoners, Experienced Marathoners and Advanced marathoners. The purpose of the Novice schedule is to get the first time marathoner to the start line healthy with enough training to complete the Marathon. The Novice Marathoner program employs the time-tested Hal Higdon Novice 1 Schedule. The purpose of the Experienced Marathoner schedule is to allow for improvement in marathon times without the risk of injury associated with very high mileage programs. The Experienced Marathoner program includes several modifications to the Higdon Intermediate 1 program. The modifications include a few increases in long run mileage on cut back weeks, a weekly marathon pace run (rather than bi-weekly) and one day of speedwork to replace a mid-week run. These runs will include tempo, hills and interval workouts. In addition, individual groups will have the option of faster finish long runs approximately every 3rd week starting with Week 4. The speedwork is optional for second-time marathoners. These modifications will allow for various levels of experience from 2nd time marathoners to advanced marathoners. A small percentage of runners will follow the Advanced Schedule. These runners generally will have run multiple marathons over many years and already have, or are attempting to qualify for the Boston Marathon.

There are specific workouts for each day of the week. You may adjust the days if necessary. For example, if you can't fit in the tempo/interval run on Tuesday, you may move it to another day of the week, but do not move it to Friday before the long run. One basic rule is to not complete two hard workouts back to back, such as an interval and long run. It is most important not to miss the long run, but also listen to your body. Take extra rest or cross training days when injured, ill or extremely tired.

Long run mileage will build for 2 weeks and fall back on the third week. On the fourth week, the long run mileage will increase again. There will only be a one week build up starting with Week 13. Overall mileage will build through Week 15 and then will taper for 3 weeks. Although mileage will decrease, intensity will not.

Novice Marathoners will generally run at a comfortable, conversational pace on all runs, including the group long run on Saturday. Although there is no formal speed work program for the Novice program, participants are encouraged to occasionally pick up the pace on midweek runs.

The Experienced Marathoner Schedule includes a weekly marathon pace run. This will generally be run anywhere from 30 seconds per mile to 1 minute per mile faster than the easy mid-week and Saturday long run pace. Tuesday speed work will start with tempo runs to increase stamina. They will be followed by a few weeks of hill training for strength and the series will end with faster paces intervals concentrating on 1/2 to 1 mile intervals. Prior to the taper, we will include one session of faster ¼ mile intervals. The details are found on the weekly workout schedule.

The Advanced Marathoner Schedule includes additional mileage midweek miles and a few extra miles to some of the long runs allowing the opportunity for 3 or more 20+ mile long runs. The Novice or Experienced Marathon programs, however, should be sufficient for most of the participants.

Although not indicated on the run schedule, all participants are encouraged to add two days per week of strength training, concentrating on core strength. Dynamic warm-ups, prior to, and static stretching following each run, are encouraged.

Cross training consists of 45 minutes – 1 hour of aerobic activities such as swimming, bicycling, elliptical machines, etc. These sessions should be of moderate intensity.

Avoiding injuries as you build your mileage is the key to the training. Again, listen to your body and take your rest as seriously as your long runs and pace runs.

Source Acknowledgments:

Hal Higdon Marathon Novice and Intermediate Schedules
Brian Piper Speed Training Workouts
McMillan Running Race and Training Pace Chart

ESTIMATED TRAINING PACES (MINUTES:SECONDS PER MILE)

MARATHON , LONG RUN , EASY RUN PACES			TEMPO PACES			INTERVAL PACES			
						¼ M	½ M	1M	
MARATHON TIME	MARATHON PACE	LONG/EASY RUN PACE	10K PACE	12K (LT*) PACE	HALF MARATHON PACE	2K PACE	3K PACE	5K PACE	8K PACE
3:00 HOURS	6:53	7:23-7:53	6:10	6:15	6:31	5:26	5:41	5:57	6:07
3:15	7:27	7:57-8:27	6:41	6:46	7:07	5:53	6:09	6:26	6:37
3:30	8:01	8:31:9:01	7:11	7:17	7:36	6:21	6:38	6:56	7:08
3:45	8:36	9:06-9:36	7:42	7:49	8:09	6:48	7:06	7:26	7:39
4:00 HOURS	9:10	9:40:10:10	8:13	8:20	8:42	7:15	7:34	7:55	8:09
4:15	9:44	10:14-10:44	8:44	8:51	9:14	7:42	8:02	8:25	8:40
4:30	10:19	10:49-11:19	9:15	9:22	9:47	8:04	8:31	8:55	9:10
4:45	10:53	11:23-11:53	9:45	9:54	10:19	8:37	9:00	9:25	9:41
5:00 HOURS	11:28	11:58-12:28	10:16	10:25	10:52	9:04	9:28	9:54	10:12

*LT =LACTATE THRESHOLD 12K PACE IS ESTIMATE FOR LT

CLOCKTOWER RUNNERS - CHICAGO MARATHON TRAINING 2010

WEEK 1

	Monday 6/7	Tuesday 6/8	Wednesday 6/9	Thursday 6/10	Friday 6/11	Saturday 6/12	Sunday 6/13	TOTAL
NOVICE	R	3 MILES E	3 MILES E	3 MILES E	R	6 MILES L	CT	15 MILES
EXPERIENCED	3 MILES E	4 MILES T*	3 MILES E	5 MILES P	R	8 MILES L	CT	23 MILES
ADVANCED	4 MILES E	4 MILES T	4 MILES E	5 MILES P	R	10 MILES L	CT	27 MILES

* Optional for second-time marathoners, may replace with same total easy miles

R = REST
 CT = CROSS TRAIN
 L = LONG RUN PACE
 E = EASY PACE
 P = MARATHON PACE
 T = TEMPO PACE

Week 1 begins the gradual mileage build up. Novices will run 3 easy miles on three midweek runs. This should be at conversational pace. The first long run of 6 miles will be at the same pace. There are two rest days and one day of cross training. Total mileage is 15.

Experienced Marathoners will have three key workouts; a tempo run, a marathon pace run and the long run. The two other weekday runs are at an easy pace. The 4 mile tempo run will consist of a mile warm-up, two miles building to LT pace and one mile cool down. LT pace is a sustained hard effort, approximately 12K pace (see chart above) It is faster than marathon pace and will be approximately 85%-87% maximum heart rate (if you are using a heart rate monitor). The marathon pace run is 5 miles and the long run is 8 miles.

Advanced marathoners add a few miles to several weekday as well as the weekend long run.

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WEEK 2

	Monday 6/14	Tuesday 6/15	Wednesday 6/16	Thursday 6/17	Friday 6/18	Saturday 6/19	Sunday 6/20	TOTAL
NOVICE	R	3 MILES E	3 MILES E	3 MILES E	R	7 MILES L	CT	16 MILES
EXPERIENCED	3 MILES E	5 MILES T*	3 MILES E	5 MILES P	R	9 MILES L	CT	25 MILES
ADVANCED	4 MILES E	5 MILES T	4 MILES E	5 MILES P	R	11 MILES L	CT	29 MILES

* Optional for second-time marathoners, may replace with same total easy miles

R = REST
 CT = CROSS TRAIN
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Week 2 is another build up week. Novices Marathoners will maintain the same schedule as Week 1, except for a single mile increase in the long run on Saturday. The total weekly mileage is 16.

Experienced Marathoners will add one mile each to the Tempo Run and the Long run. The 5 Mile Tempo Run will consist of a one mile warm-up, three miles building to LT pace, followed by a mile cool down. The long Run is 9 miles and the total weekly mileage is 25.

Advanced marathoners add a few miles to several weekday as well as the weekend long run.

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WEEK 3

	Monday 6/21	Tuesday 6/22	Wednesday 6/23	Thursday 6/24	Friday 6/25	Saturday 6/26	Sunday 6/27	TOTAL
NOVICE	R	3 MILES E	4 MILES E	3 MILES E	R	5 MILES L	CT	15 MILES
EXPERIENCED	3 MILES E	5 MILES T*	3 MILES E	5 MILES P	R	7 MILES L	CT	23 MILES
ADVANCED	4 MILES E	5 MILES T	4 MILES E	5 MILES P	R	9 MILES L	CT	27 MILES

* Optional for second-time marathoners, may replace with same total easy miles

R = REST
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Week 3 is our first cutback week. The long run of 5 miles will be the shortest of the entire training season for the Novice Marathoners. These reduced mileage weeks provide a chance for recovery from two build up weeks. The intensity of the runs, however, is not reduced. Take advantage of the reduced long run mileage. It will be a big jump next week.

The Experienced Marathoners cut back to a 7 mile long run. They have a 5 mile tempo run in addition to the marathon pace run. This tempo run will again consist of a one mile warm-up, 3 miles building to LT pace and a one mile cool down. The focus will be more time at LT pace.

Advanced marathoners add a few miles to several weekday as well as the weekend long run.

Don't forget core strength and post run stretching.

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WEEK 4

	Monday 6/28	Tuesday 6/29	Wednesday 6/30	Thursday 7/1	Friday 7/2	Saturday 7/3	Sunday 7/4	TOTAL
NOVICE	R	3 MILES E	4 MILES E	3 MILES E	R	9 MILES L	CT	19 MILES
EXPERIENCED	3 MILES E	6 MILES T*	3 MILES E	6 MILES P	R	11 MILES L FAST FINISH OPTIONAL	CT	29 MILES
ADVANCED	4 MILES E	6 MILES T	4 MILES E	6 MILES P	R	13 MILES L FAST FINISH	CT	33 MILES

* Optional for second-time marathoners, may replace with same total easy miles

R = REST
 CT = CROSS TRAIN
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 P = MARATHON PACE
 T = TEMPO PACE

Week 4 is a build week. Novice Marathoners jump to a 9 mile long run. Experienced marathoners have an 11 mile long run with the option of a fast finish, with the last 3-4 miles averaging marathon pace. Whether or not to go with this option will be decided within groups.

Experienced marathoners add a 6 mile pace run and a 6 mile tempo run. This tempo run will consist of a one mile warm-up, 4 miles building to LT pace and a one mile cool down.

Advanced marathoners add a few miles to several weekday as well as the weekend long run.

Don't forget core strength and post run stretching.

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WEEK 5

	Monday 7/5	Tuesday 7/6	Wednesday 7/7	Thursday 7/8	Friday 7/9	Saturday 7/10	Sunday 7/11	TOTAL
NOVICE	R	3 MILES E	5 MILES E	3 MILES E	R	10 MILES L	CT	21 MILES
EXPERIENCED	3 MILES E	6 MILES T*	3 MILES E	6 MILES P	R	12 MILES L	CT	30 MILES
ADVANCED	4 MILES E	6 MILES T	4 MILES E	7 MILES P	R	14 MILES L	CT	35 MILES

* Optional for second-time marathoners, may replace with same total easy miles

R = REST

CT = CROSS TRAIN

L = LONG RUN PACE

E = EASY PACE

P = MARATHON PACE

T = TEMPO PACE

Week 5 mileage again builds both for the Novice and Experienced Marathoners. The Novices have their first double digit mileage long run of 10 miles, and first 20 mile week.

The Experienced Marathoners have a 12 mile long run and total 30 for the week. Again, there is a 6 mile marathon pace run and a 6 mile tempo interval. This tempo run will consist of a one mile warm-up, two miles at LT followed by a 3 minute recovery jog, two more miles at LT, and a one mile cool-down. The short break allows for increased mileage at LT.

Advanced marathoners add a few miles to several weekday as well as the weekend long run.

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WEEK 6

	Monday 7/12	Tuesday 7/13	Wednesday 7/14	Thursday 7/15	Friday 7/16	Saturday 7/17	Sunday 7/18	TOTAL
NOVICE	R	3 MILES E	5 MILES E	3 MILES E	R	7 MILES L	CT	18 MILES
EXPERIENCED	3 MILES E	6 MILES T*	3 MILES E	6 MILES P	R	9 MILES L	CT	27 MILES
ADVANCED	4 MILES E	6 MILES T	4 MILES E	7 MILES P	R	11 MILES	CT	32 MILES

* Optional for second-time marathoners, may replace with same total easy miles

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 E = EASY PACE
 P = MARATHON PACE
 T = TEMPO PACE

Week 6 represent the 2nd cutback week in the program. Novice Marathoners have a 7 mile long run and total 18 miles for the week. If you are feeling string, you can pick up the pace slightly on one or two of the short runs midweek.

The Experienced Marathoners cut back to a 9 mile long run, but maintain the other quality workouts with another 6 mile pace run and a 6 mile tempo run. This run will consist of a one mile warm-up, 4 miles building to 10K pace and a one mile cool-down.

Advanced marathoners add a few miles to several weekday as well as the weekend long run.

Don't forget core strength and post run stretching.

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WEEK 7

	Monday 7/19	Tuesday 7/20	Wednesday 7/21	Thursday 7/22	Friday 7/23	Saturday 7/24	Sunday 7/25	TOTAL
NOVICE	R	3 MILES E	6 MILES E	3 MILES E	R	12 MILES L	CT	24 MILES
EXPERIENCED	4 MILES E	6 MILES T*	4 MILES E	7 MILES P	R	14 MILES L FAST FINISH OPTIONAL	CT	35 MILES
ADVANCED	5 MILES E	6 MILES T	5 MILES E	7 MILES P	R	16 MILES L FAST FINISH	CT	39 MILES

* Optional for second-time marathoners, may replace with same total easy miles

R = REST
 CT = CROSS TRAIN
 L = LONG RUN PACE
 E = EASY PACE
 P = MARATHON PACE
 T = TEMPO PACE

Week 7 is another build up week. Novice Marathoners increase the long run to 12 miles and the Wednesday run to 6. The weekly total is 24 miles.

The Experienced Marathoners have a 14 mile long run, with an optional fast finish. The marathon pace run increases to 7 miles and the tempo workout is similar to the previous week except for more time at LT and 10K pace.

Advanced marathoners add a few miles to several weekday as well as the weekend long run.

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WEEK 8

	Monday 7/26	Tuesday 7/27	Wednesday 7/28	Thursday 7/29	Friday 7/30	Saturday 7/31	Sunday 8/1	TOTAL
NOVICE	R	3 MILES E	6 MILES E	3 MILES E	R	13 MILES L	CT	25 MILES
EXPERIENCED	4 MILES E	7 MILES * 5 MILES E 6-8 X 1/4 MILE HILL (I)	4 MILES E	7 MILES P	R	15 MILES L	CT	37 MILES
ADVANCED	5 MILES E	7 MILES 5 MILES E 6-8 X 1/4 MILE HILL (I)	5 MILES E	8 MILES P	R	17 MILES L	CT	42 MILES

* Optional for second-time marathoners, may replace with same total easy miles

- R = REST
- CT = CROSS TRAIN
- L = LONG RUN PACE
- E = EASY PACE
- P = MARATHON PACE
- I = INTERVAL

Week 8 is another build –up week. Novice Marathoners are up to a 13 mile long run and 25 total miles.

The Experienced Marathoners have a 15 mile long run and 37 total miles. There is another 7 mile marathon pace run and a 7 mile workout that includes hill repeats. This give a little break from the series of straight tempo runs. The hill portion is considered a lower body strength workout. There will be a 2 1/2 mile run to the hill (Montrose), 6 hill repeats and 2 1/2 mile return run. Uphill will be fast (5K-10K) but not all out. Down hills are easy pace.

Advanced marathoners add a few miles to several weekday as well as the weekend long run.

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WEEK 9

	Monday 8/2	Tuesday 8/3	Wednesday 8/4	Thursday 8/5	Friday 8/6	Saturday 8/7	Sunday 8/8	TOTAL
NOVICE	R	3 MILES E	7 MILES E	4 MILES E	R	10 MILES L	CT	24 MILES
EXPERIENCED	4 MILES E	6 MILES T*	4 MILES E	7 MILES P	R	11 MILES L	CT	32 MILES
ADVANCED	5 MILES E	6 MILES T	5 MILES E	8 MILES P	R	13 MILES L	CT	37 MILES

* Optional for second-time marathoners, may replace with same total easy miles

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 P = MARATHON PACE
 T = TEMPO PACE

Week 9 represents the third cutback week. The Novice Marathoners drop back to a 10 mile long run, but add a 7 mile mid-week run. You may pick up the pace just a little on the shorter weekday runs if you feel strong.

The Experienced Marathoners drop back to an 11 mile long run and 33 total miles. Intensity is maintained with a 7 mile marathon pace run and another 6 mile tempo run. This will be the last tempo run. The workout consists of a 1 mile warm-up, 4 miles building to 10K pace and 1 mile cool-down. Again the emphasis will be on greater time at LT or faster pace.

Advanced marathoners add a few miles to several weekday as well as the weekend long run.

CLOCKTOWER RUNNERS - CHICAGO MARATHON TRAINING 2010

WEEK 10

	Monday 8/9	Tuesday 8/10	Wednesday 8/11	Thursday 8/12	Friday 8/13	Saturday 8/14	Sunday 8/15	TOTAL
NOVICE	R	3 MILES E	7 MILES E	4 MILES E	R	15 MILES L	CT	29 MILES
EXPERIENCED	4 MILES E	7 MILES * 5 MILES E 8 X 1/4 M HILL (I)	4 MILES E	8 MILES P	R	17 MILES L FAST FINISH OPTIONAL	CT	40 MILES
ADVANCED	5 MILES E	7 MILES * 5 MILES E 8 X 1/4 M HILL (I)	5 MILES E	9 MILES P	R	19 MILES L FAST FINISH	CT	45 MILES

* Optional for second-time marathoners, may replace with same total easy miles

R = REST

CT = CROSS TRAIN

L = LONG RUN PACE

E = EASY PACE

P = MARATHON PACE

I = INTERVAL

Week 10 is a build up week. Novice Marathoners are up to a 15 mile long run. The weekday runs are similar to Week 9.

The Experienced Marathoners are up to a 17 mile long run with an optional fast finish for the last portion. The pace run of 8 miles is the longest of the training season. The other key workout includes 8 hill repeats at 5K-10K pace uphill, easy downhill and 2 1/2 miles each way to/from the hill. This is a challenging workout, similar to the workout two weeks ago, but two added hill repeats.

Advanced marathoners add a few miles to several weekday as well as the weekend long run.

CLOCKTOWER RUNNERS - CHICAGO MARATHON TRAINING 2010

WEEK 11

	Monday 8/16	Tuesday 8/17	Wednesday 8/18	Thursday 8/19	Friday 8/20	Saturday 8/21	Sunday 8/22	TOTAL
NOVICE	R	4 MILES E	8 MILES E	4 MILES E	R	16 MILES L	CT	32 MILES
EXPERIENCED	5 MILES E	5 MILES * 2 MILES E 6X1/2M (I)	5 MILES E	8 MILES P	R	18 MILES L	CT	41 MILES
ADVANCED	6 MILES E	5 MILES 2 MILES E 6X1/2M (I)	6 MILES E	9 MILES P	R	20 MILES L	CT	46 MILES

* Optional for second-time marathoners, may replace with same total easy miles

R = REST
 CT = CROSS TRAIN
 L = LONG RUN PACE
 E = EASY PACE
 P = MARATHON PACE
 I = INTERVAL

Week 11 is another build up week. Novice Marathoners have a 16 mile long run and an 8 mile Wednesday run, with a total of 32 miles.

Experienced marathoners have an 18 mile long run and another 8 mile pace run with a total of 41 miles for the week. The speed workout includes 6 X ½ mile intervals run at 3K- 5K pace with a one mile warm-up and cool down.

Advanced marathoners add a few miles to several weekday and have their first 20 mile long run.

CLOCKTOWER RUNNERS - CHICAGO MARATHON TRAINING 2010

WEEK 12

	Monday 8/23	Tuesday 8/24	Wednesday 8/25	Thursday 8/26	Friday 8/27	Saturday 8/28	Sunday 8/29	TOTAL
NOVICE	R	4 MILES E	8 MILES E	5 MILES E	R	12 MILES L	CT	29 MILES
EXPERIENCED	5 MILES E	5 MILES* 2 EASY 4X3/4 M(I)	5 MILES E	8 MILES P	R	13 MILES L	CT	36 MILES
ADVANCED	6 MILES E	5 MILES* 2 EASY 4X3/4 M(I)	6 MILES E	10 MILES P	R	14 MILES L	CT	41 MILES

* Optional for second-time marathoners, may replace with same total easy miles

R = REST
 CT = CROSS TRAIN
 L = LONG RUN PACE
 E = EASY PACE
 P = MARATHON PACE
 I =INTERVAL

Week 12 is another cutback week. Novice Marathoners drop back to 12 miles for the long run. There is one mile additional mid-week run compared to last week Total mileage is 29.

Experienced marathoners drop back to 13 miles for the long run, but still keep intensity with an 8 mile marathon pace run and a 5 mile speed workout, which includes 4 X $\frac{3}{4}$ mile intervals between a one mile warm-up and cool down. These will be run near 5K pace. Total mileage for the week is 36.

Advanced marathoners add a few miles to several weekday as well as the weekend long run.

CLOCKTOWER RUNNERS - CHICAGO MARATHON TRAINING 2010

WEEK 13

	Monday 8/30	Tuesday 8/31	Wednesday 9/1	Thursday 9/2	Friday 9/3	Saturday 9/4	Sunday 9/5	TOTAL
NOVICE	R	4 MILES E	9 MILES E	5 MILES E	R	18 MILES	CT	36 MILES
EXPERIENCED	5 MILES E	6 MILES * 2 MILES E 8X1/2M (I)	5 MILES E	5 MILES P	R	20 MILES L FAST FINISH OPTIONAL	CT	41 MILES
ADVANCED	6 MILES E	6 MILES * 2 MILES E 8X1/2M (I)	6 MILES E	7 MILES P	R	20 MILES L FAST FINISH	CT	45 MILES

* Optional for second-time marathoners, may replace with same total easy miles

R = REST
 CT = CROSS TRAIN
 L = LONG RUN PACE
 E = EASY PACE
 P = MARATHON PACE
 I = INTERVAL

Week 13 is another build up week. Novice Marathoners will run 18 miles on Saturday. The Wednesday run also increases to 9 miles. Make sure to get enough rest and keep the cross training easy on Sunday.

Experienced marathoners have their first scheduled 20 miler on Saturday. A fast finish, averaging marathon pace, for the last 5-6 miles is optional. The midweek marathon pace run drops to 5 miles. The interval workout includes eight X ½ mile repeats run between 3K and 5 K pace. There is a one mile warm-up and 1 mile cool down.

Advanced marathoners add a few miles to several weekday and have their second 20 mile long run.

CLOCKTOWER RUNNERS - CHICAGO MARATHON TRAINING 2010

WEEK 14

	Monday 9/6	Tuesday 9/7	Wednesday 9/8	Thursday 9/9	Friday 9/10	Saturday 9/11	Sunday 9/12	TOTAL
NOVICE	R	5 MILES E	9 MILES E	5 MILES E	R	14 MILES L	CT	33 MILES
EXPERIENCED	5 MILES E	5 MILES* 2 MILES E 3X1M (I)	5 MILES E	8 MILES P	R	14 MILES L	CT	37 MILES
ADVANCED	6 MILES E	5 MILES* 2 MILES E 3X1M (I)	6 MILES E	9 MILES P	R	16 MILES L	CT	42 MILES

* Optional for second-time marathoners, may replace with same total easy miles

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- I = INTERVAL

Week 14 is the first time mileage drops after only one build-up week. Next week is the highest mileage week of training. Novice Marathoners drop to 14 miles on Saturday, but still have a midweek run of 9 miles. The total mileage for the week is 33.

Experienced marathoners also have a cutback long run of 14 miles. This is sandwiched between two 20 mile efforts. The midweek pace run jumps back to 8 miles and the speed workout of 5 miles includes 3 one-mile intervals run between 5K and 8K pace. There is a one mile warm-up and one mile cool down. Total mileage for the week is 37.

Advanced marathoners add a few miles to several weekday as well as the weekend long run.

CLOCKTOWER RUNNERS - CHICAGO MARATHON TRAINING 2010

WEEK 15

	Monday 9/13	Tuesday 9/14	Wednesday 9/15	Thursday 9/16	Friday 9/17	Saturday 9/18	Sunday 9/19	TOTAL
NOVICE	R	5 MILES E	10 MILES E	5 MILES E	R	20 MILES L	CT	40 MILES
EXPERIENCED	5 MILES E	5 MILES* 2 MILES E 12X1/4M (I)	5 MILES E	5 MILES P	R	20 MILES L	CT	40 MILES
ADVANCED	6 MILES E	5 MILES* 2 MILES E 12X1/4M (I)	6 MILES E	7 MILES P	R	22 MILES L	CT	45 MILES

* Optional for second-time marathoners, may replace with same total easy miles

R = REST
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 L = LONG RUN PACE
 E = EASY PACE
 P = MARATHON PACE
 I = INTERVAL

Week 15 is the highest mileage week for the Novice Marathoners. This includes the 20 mile long run and a 10 mile midweek run. The taper begins next week.

Experienced marathoners are also scheduled for a 20 mile long run. The weekday runs include a 5 mile marathon pace run and our only quarter mile interval session. The 12 quarter miles will be run as fast as 2K pace. There will be a one mile warm-up and one mile cool down as always.

Advanced marathoners add a few miles to several weekday and have a 22 mile long run, the longest of the training program.

CLOCKTOWER RUNNERS - CHICAGO MARATHON TRAINING 2010

WEEK 16

	Monday 9/20	Tuesday 9/21	Wednesday 9/22	Thursday 9/23	Friday 9/24	Saturday 9/25	Sunday 9/26	TOTAL
NOVICE	R	5 MILES E	8 MILES E	4 MILES E	R	12 MILES L	CT	27 MILES
EXPERIENCED	5 MILES E	7 MILES* 2 MILES E 10X1/2M (I)	5 MILES E	4 MILES P	R	12 MILES L FAST FINISH OPTIONAL	CT	33 MILES
ADVANCED	6 MILES E	7 MILES* 2 MILES E 10X1/2M (I)	6 MILES E	5 MILES P	R	12 MILES L FAST FINISH	CT	36 MILES

* Optional for second-time marathoners, may replace with same total easy miles

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 P = MARATHON PACE
 I = INTERVAL

Week 16 is the first week of our 3 week taper. While mileage is reduced, intensity is not. Novice Marathoners run 12 miles on Saturday and a total of 27 for the week.

Experienced marathoners also run 12 miles on Saturday. Total mileage for the week is 33. There is a 4 mile marathon pace run and a 7 mile interval workout that includes 10 X ½ mile intervals and a one mile warm-up and cool down. This workout is similar to the Yasso 800s, an often utilized marathon predictor. Each ½ mile should be run in minutes close to marathon time in hours. For example, a runner with a 4 hour marathon goal should run each repeat under 4 minutes; a 3:30 marathoner should run each repeat under 3 minutes, 30 seconds.

Advanced marathoners add a few miles to several weekday runs.

CLOCKTOWER RUNNERS - CHICAGO MARATHON TRAINING 2010

WEEK 17

	Monday 9/27	Tuesday 9/28	Wednesday 9/29	Thursday 9/30	Friday 10/1	Saturday 10/2	Sunday 10/3	TOTAL
NOVICE	R	4 MILES E	6 MILES E	3 MILES E	R	8 MILES L	CT	21 MILES
EXPERIENCED	4 MILES E	4 MILES* 2 MILES E 2X1M (I)	4 MILES E	3 MILES P	R	8 MILES L	CT	23 MILES
ADVANCED	5 MILES E	4 MILES* 2 MILES E 2X1M (I)	5 MILES E	4 MILES P	R	8 MILES L	CT	26 MILES

* Optional for second-time marathoners, may replace with same total easy miles

R = REST
 CT = CROSS TRAIN
 L = LONG RUN PACE
 E = EASY PACE
 P = MARATHON PACE
 I = INTERVAL

Week 17 is the second taper week with another reduction in mileage. Novice marathoners will run 8 for the last group long run, and a total of 21 miles for the week. Strength training, other than core, should be greatly reduced or eliminated at this point. Intensity of running should be maintained, but plenty of rest is important as well.

Experienced marathoners also run 8 miles on Saturday. The pace run is reduced to 3 miles and the interval workout includes 2 one mile repeats run between 5K-8K pace between the warm-up and cool down.

Advanced marathoners add a few miles to several weekday runs.

CLOCKTOWER RUNNERS - CHICAGO MARATHON TRAINING 2010

WEEK 18

	Monday 10/4	Tuesday 10/5	Wednesday 10/6	Thursday 10/7	Friday 10/8	Saturday 10/9	Sunday 10/10	TOTAL
NOVICE	R	3 MILES E	4 MILES E	2 MILES E	R	R	26.2 MILES RACE	35.2 MILES
EXPERIENCED	3 MILES E	4 MILES E	R	2 MILES P	R	2 MILES E	26.2 MILES RACE	37.2 MILES
ADVANCED	4 MILES E	4 MILES E	R	3 MILES P	R	3 MILES E	26.2 MILES RACE	40.2 MILES

R = REST
 E = EASY PACE
 P = MARATHON PACE

Week 18

Marathon Week and the last Week of Taper

Novices have three short runs during the week and a couple of days of rest before the race. With 3 weeks of taper, you should be well rested going into the race. No extra mileage is necessary now.

Experienced marathoners also have greatly reduced mileage going into the race. To stay sharp, there is a 2 mile run at marathon pace midweek and two miles on Saturday. If you prefer, these can be run on Friday with a rest day on Saturday.

Advanced marathoners have a 3 mile pace run.

You are well prepared. Good luck!

