



## 2009 Route 66 Marathon Beginner Training Schedule

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)	Total (miles)
1	6/7-6/13	off / X-train	3-5	3-5	off / X-train	4-5	off	6	16 to 21
2	6/14-6/20	off / X-train	3-5	4-5	off / X-train	4-5	off	6	17 to 21
3	6/21-6/27	off / X-train	3-5	4-5	off / X-train	4-5	off	7	18 to 22
4	6/28-7/4	off / X-train	4-5	4-5	off / X-train	4-5	off	7	19 to 22
5	7/5-7/11	off / X-train	4-5	4-5	off / X-train	4-5	off	8 ( <i>Poker Run</i> )	20 to 23
6	7/12-7/18	off / X-train	3-5	3-6	off / X-train	3-5	off	8	17 to 24
7	7/19-7/25	off / X-train	4-5	4-6	off / X-train	4-6	off	9	21 to 26
8	7/26-8/1	off / X-train	4-5	4-6	off / X-train	4-5	off	6	19 to 22
9	8/2-8/8	off / X-train	4-6	5-6	off / X-train	4-6	off	10	23 to 29
10	8/9-8/15	off / X-train	4-6	5-7	off / X-train	5-6	off	8	23 to 27
11	8/16-8/22	off / X-train	4-6	5-7	off / X-train	4-6	off	12	25 to 31
12	8/23-8/29	off / X-train	4-5	3-6	off / X-train	5-6	off	6 Pace	18 to 23
13	8/30-9/5	off / X-train	4-6	5-7	off / X-train	5-6	off	14	28 to 33
14	9/6-9/12	off / X-train	4-5	5-6	off / X-train	4-5	off	7 Pace	20 to 23
15	9/13-9/19	off / X-train	4-6	5-6	off / X-train	5-6	off	16	30 to 34
16	9/20-9/26	off / X-train	4-5	5-6	off / X-train	5-6	off	8 Pace	22 to 25
17	9/27-10/3	off / X-train	4-5	5-7	off / X-train	5-6	off	18	32 to 36
18	10/4-10/10	off / X-train	4-5	6-7	off / X-train	5-6	off	9 Pace	24 to 27
19	10/11-10/17	off / X-train	4-6	5-6	off / X-train	5-6	off	20	34 to 38
20	10/18-10/24	off / X-train	4-5	6-8	off / X-train	5-6	off	10 Pace	25 to 29
21	10/25-10/31	off / X-train	4-5	5-6	off / X-train	4-5	off	10 ( <i>Tulsa Run</i> )	23 to 26
22	11/1-11/7	off / X-train	4-5	4-6	off / X-train	4-5	off	22 ( <i>Mock Marathon</i> )	34 to 38
23	11/8-11/14	off / X-train	4-5	4-6	off / X-train	3-5	off	8	19 to 24
24	11/15-11/21	off / X-train	0-2	3-4	off / X-train	3-4	off	0	6 to 10
25	11/22-11/28	<b>Route 66 Marathon</b>							

- Unless otherwise stated, Saturday long runs should be 60 to 90 seconds slower per mile than marathon pace.
- **Pace** runs will start with a slow warm up mile or two, and the rest of the run will be at marathon goal pace.
- Midweek runs should normally be at an easy pace, around 30 to 60 seconds per mile slower than marathon pace. The beginner schedule does not include tempo, speed, or hill workouts. The advanced schedule does include them, and they are described below.
- **Hill (H)** workouts either will be moderate running over a hilly course or will be hill repeats.
- **Hill Sprints (HS)** are short (8-12 second) high intensity efforts on a steep hill. We will run a few easy miles to warm up, and then do the hills, followed by an easy half-mile or so to cool down. 3+2HS means three miles warm up & cool down plus two hill sprints.
- **Tempo (T)** runs will consist of a ½ to 1 mile warm up, several miles at tempo pace, followed by ½ to 1 mile cool down. Pace should range from 10-15k race pace for shorter tempo runs to half marathon race pace or a little slower for longer tempo runs.
- **Speed (S)** work. A suggested format is to do ½ or 1-mile repeats. Pace should be between 5k and 10k race pace for mile repeats and about 5k race pace or slightly faster for half-mile repeats. Recovery time between intervals should be from ½ the interval time up to the interval time.
- Note: All paces should be adjusted for weather conditions (i.e., heat and humidity).