

DESERET NEWS MARATHON TRAINING PLAN

18 WEEK

FOR BEGINNING RUNNERS

PHASE 1 – BASE TRAINING (6 WEEKS)

Week 1 (25 miles) March 21-27

Monday	3 miles	Easy Effort
Tuesday	4 miles or 40 minutes cross training	Easy Effort
Wednesday	5 miles	Easy Effort
Thursday	3 miles or 30 minutes cross training	Easy Effort
Friday	4 miles	Easy Effort
Saturday	6 miles	Easy Effort
Sunday	Rest or Cross Train	

Week 2 (28 miles) March 28-April 3

Monday	3 miles	Easy Effort
Tuesday	4 miles or 50 minutes cross training	Easy Effort
Wednesday	6 miles	Moderate Effort
Thursday	3 miles or 30 minutes cross training	Easy Effort
Friday	4 miles	Easy Effort
Saturday	8 miles	Easy Effort
Sunday	Rest or Cross Train	

Week 3 (33 miles) April 4-10

Monday	4 miles	Easy Effort
Tuesday	5 miles or 50 minutes cross training	Moderate Effort
Wednesday	6 miles	Easy Effort
Thursday	4 miles or 40 minutes cross training	Easy Effort
Friday	4 miles	Easy Effort
Saturday	10 miles	Moderate Effort
Sunday	Rest or Cross Train	

Week 4 (37 miles) April 11-17

Monday	4 miles	Easy Effort
Tuesday	5 miles or 50 minutes cross training	Moderate Effort
Wednesday	7 miles	Easy Effort
Thursday	4 miles or 40 minutes cross training	Moderate Effort
Friday	5 miles	Easy Effort
Saturday	12 miles	Easy Effort
Sunday	Rest or Cross Train	

Week 5 (40 miles) April 18-24

Monday	4 miles	Easy Effort
Tuesday	6 miles or 60 minutes cross training	Moderate Effort
Wednesday	8 miles	Easy Effort
Thursday	4 miles or 40 minutes cross training	Marathon Goal Pace
Friday	6 miles	Easy Effort
Saturday	12 miles	Moderate Effort
Sunday	Rest or Cross Train	

Week 6 (43 miles) April 25-May 1

Monday	5 miles	Easy Effort
Tuesday	6 miles or 60 minutes cross training	Marathon Goal Pace
Wednesday	8 miles	Easy Effort
Thursday	5 miles or 50 minutes cross training	Easy Effort
Friday	6 miles	Moderate Effort
Saturday	13 miles (Half Marathon)	Easy Effort
Sunday	Rest or Cross Train	

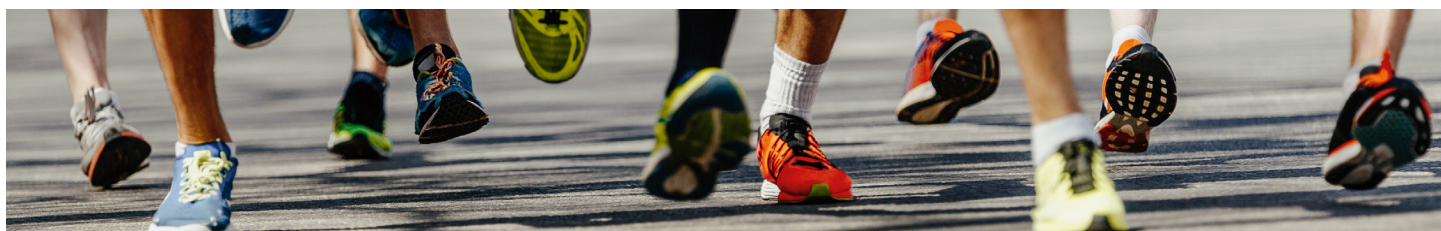
PHASE 2 – AEROBIC THRESHOLD DEVELOPMENT (8 WEEKS)

Week 7 (40 miles) May 2-8

Monday	6 miles @ easy pace
Tuesday	Warm up; 3 x 1 mile @ ½ Marathon pace with 2:30 rest; Cool down
Wednesday	5 miles @ easy pace or 50 minutes cross training
Thursday	7 miles @ easy pace with 8 x :20 strides
Friday	5 miles @ easy pac
Saturday	12 miles with the middle 6 miles at Marathon Goal Pace
Sunday	Rest or Cross Train

Week 8 (43 miles) May 9-15

Monday	6 miles @ easy pace
Tuesday	Warm up; 2 x 2 miles @ ½ Marathon pace with 4:00 rest; Cool down
Wednesday	6 miles @ easy pace or 60 minutes cross training
Thursday	Warm up; 4-5 x 800m @ Marathon Goal time converted to minutes and seconds (for example, 3:30 marathon goal time would be 3:30 per 800m repeat) with 3:00 slow jog rest; Cool down
Friday	6 miles @ easy pac
Saturday	14 miles @ 30-40 seconds slower (per mile) than Marathon Goal Pace
Sunday	Rest or Cross Train



Week 9 (46 miles) May 16-22

Monday	6 miles @ easy pace
Tuesday	Warm up; 4 x 1 mile @ ½ Marathon pace with 2:30 rest; Cool down
Wednesday	6 miles @ easy pace or 60 minutes cross training
Thursday	8 miles @ easy pace and 8 x :20 strides
Friday	6 miles @ easy pace
Saturday	15 miles progressive long run with final 6+ miles at Marathon Goal Pace
Sunday	Rest or Cross Train

Week 10 (48 miles) May 23-29

Monday	7 miles @ easy pace
Tuesday	Warm up; 2 x 2 miles @ ½ marathon pace with 4:00 slow jog rest; Cool down
Wednesday	7 miles @ easy pace or 70 minutes cross training
Thursday	Warm up; 6 x 800m @ Marathon Goal time converted to minutes and seconds (for example, 3:30 marathon goal time would be 3:30 per 800m repeat) with 3:00 slow jog rest; Cool down
Friday	6 miles @ easy pace
Saturday	15 miles @ 30-40 seconds slower (per mile) than Marathon Goal Pace
Sunday	Rest or Cross Train

Week 11 (50 miles) May 30-June 5

Monday	8 miles @ easy pace
Tuesday	Warm up; 5 x 1 mile @ ½ Marathon pace with 2:30 rest; Cool down
Wednesday	6 miles @ easy pace or 60 minutes cross training
Thursday	8 miles plus 8 x :20 strides
Friday	5 miles @ easy pace
Saturday	16 miles with middle 8 miles at Marathon Goal Pace Or Half Marathon Race (Utah Valley)
Sunday	Rest or Cross Train

Week 12 (48 miles) June 6-12

Monday	6 miles @ easy pace
Tuesday	Warm up; 3 x 2 miles @ ½ marathon pace; cool down
Wednesday	6 miles @ easy pace or 60 minutes cross training
Thursday	Warm up; 6-8 x 800m @ Marathon Goal time converted to minutes and seconds (for example, 3:30 marathon goal time would be 3:30 per 800m repeat) with 3:00 slow jog rest; Cool down
Friday	6 miles @ easy pace
Saturday	15 miles @ 30-45 seconds slower (per mile) than Marathon Goal Pace
Sunday	Rest or Cross Train



Week 13 (50 miles) June 13-19

Monday	8 miles @ easy pace
Tuesday	Warm up; 5 x 1 mile @ ½ Marathon pace with 2:30 rest; Cool down
Wednesday	5 miles @ easy pace or 50 minutes cross training
Thursday	8 miles @ easy pace plus 8 x :20 strides
Friday	5 miles @ easy pace
Saturday	17 miles @ 30-45 seconds slower (per mile) than Marathon Goal Pace
Sunday	Rest or Cross Train

Week 14 (52 miles) June 20-26

Monday	8 miles @ easy pace
Tuesday	Warm up; 8 x 800m @ Marathon Goal time converted to minutes and seconds (for example, 3:30 marathon goal time would be 3:30 per 800m repeat) with 3:00 slow jog rest; Cool down
Wednesday	6 miles @ easy pace or 60 minutes cross training
Thursday	8 miles @ easy pace plus 8 x :20 strides
Friday	
Saturday	16 miles with middle 8 miles at Marathon Goal Pace Or Half Marathon Race
Sunday	Rest or Cross Train

PHASE 3 – PEAK TRAINING (4 WEEKS)

Week 15 (53 miles) June 27-July 3

Monday	8 miles @ easy pace
Tuesday	Warm up; 6 x 1 mile at ½ Marathon Pace with 2:00 rest; Cool Down
Wednesday	7 miles @ easy pace
Thursday	Warm Up; 8 x 400m at 10k pace with :90 rest; Longer Cool Down
Friday	6 miles @ easy pace
Saturday	18 miles @ 30-45 seconds slower (per mile) than Marathon Goal Pace
Sunday	Rest or Cross Train

Week 16 (50 miles) July 4-10

Monday	8 miles @ easy pace
Tuesday	Warm up; 3 x 2 miles at ½ Marathon Pace with 3:00 rest; Cool down *Or 4th of July Race (yesterday) and easy run today
Wednesday	6 miles or 60 minutes cross training
Thursday	8 miles @ easy pace plus 6-8 strides
Friday	6 miles @ easy pace
Saturday	14 miles with middle 6-8 miles at Marathon Goal Pace
Sunday	Rest or Cross Train



Week 17 (45 miles) July 11-17

Monday	7 miles @ easy pace
Tuesday	Warm up; 8 x 800m @ 10k pace with 2:00 rest; Cool down
Wednesday	7 miles @ easy pace or 70 minutes cross training
Thursday	Warm up; 8 x :60 fast, :60 slow; Cool down
Friday	5 miles @ easy pace
Saturday	10-12 miles easy
Sunday	Rest or Cross Train

Week 18 (Race Week) July 18-24

Monday	5-6 miles easy pace
Tuesday	Warm up; 2 miles at marathon pace; Cool down
Wednesday	30 minutes easy jog
Thursday	30 minutes easy jog with a few light strides
Friday	20 minutes easy jog
Saturday	26.2 miles at Marathon Goal Pace
Sunday	Rest Happy!

TIPS AND FAQ

What if I miss a week or two of training?

If you have an injury or other commitments that keep you from staying on the training schedule for a short time, don't jump right back into the training. Start back with an easy transition week or two weeks and then resume where you would have been with the training. If you can still cross train, but you are unable to run, I recommend 10-12 minutes of cross training (elliptical, bike, rowing, etc) for each running mile.

What is easy pace?

In order to calculate your easy pace, add :45 to :90 seconds per mile to your marathon pace. If your goal marathon pace is 7:30 per mile, run your easy runs at 8:15 to 9:00 per mile pace.

What is Half Marathon Pace?

To determine your half-marathon pace, take your goal marathon pace, and minus 20-30 seconds per mile. If your goal marathon pace is 7:30 per mile, you should train for half-marathon pace at 7:00-7:10 pace per mile.

Strides

Strides are to work on running form and explosiveness or power in your push-off. Run with good posture and a slight forward lean. Keep your arms controlled and relaxed. Bring your knees a little higher than normal running form, and make contact with the ground underneath your center of gravity. Keep your head level and your face relaxed. Strides should be done fast—at 85-90 percent of full speed with good recovery in between each stride (at least 60 seconds).

Fueling during long runs

Practice your fueling during long runs (12+ miles). We will have GU, Gatorade, and water at the aid stations in the marathon and the half marathon. You will feel better in the late miles and recover faster after your long runs if you hydrate and fuel properly.

Downhill running

When training for the Deseret News Marathon, Half-Marathon, and 10k, it is a great idea to spend some time running downhill – both during your distance runs and tempo workouts. I would recommend 1-2 runs each week with some downhill training. Some great places along the Wasatch Front to get some extended downhill running include City Creek Canyon, Immigration Canyon, Millcreek Canyon, and the Cottonwood Canyons.

Core Work/Strength Exercises

We recommend spending time with both core and strength work. Core work can be done 2-4 times per week with 10-20 minutes per session. Focus on strengthening your abs, hip flexors, and glutes. Strength work is recommended 2-3 times per week either in a weight room or body weight exercises at home. Keep an eye on our Instagram and Facebook pages for some core and strength ideas.