



BEGINNER MARATHON TRAINING 13 WEEK GUIDE

RUN4PRS

PERFECT FOR ATHLETE CURRENTLY RUNNING 12-20 MILES PER WEEK

Sun	Mon	Tue	Wed	Thu	Fri	Sat
REST Foam roll, epsom salt bath & stretch	2 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	3MI TEMPO 1 MI EASY WARM UP 2 X 1 MI @ TEMPO PACE WITH 2 MIN EASY JOG BETWEEN COOL DOWN EASY PACE	REST Foam roll, epsom salt bath & stretch	2 MI EASY	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	10 MI EASY FIND A HILLY ROUTE EASY CONVERSATIONAL PACE PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	2 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	4 MI TEMPO 1.5 MI EASY WARM UP 2 MILE TEMPO PACE COOL DOWN EASY PACE	REST Foam roll, epsom salt bath & stretch	3 MI EASY	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	11 MI EASY FIND A HILLY ROUTE EASY CONVERSATIONAL PACE PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	2 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	4 MI PROGRESSION START AN EASY PACE & PICK UP THE PACE EVERY MILE FOR 4 MILES ENDING AROUND 10K EFFORT COOL DOWN	REST Foam roll, epsom salt bath & stretch	3 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	7 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	3 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	REST Foam roll, epsom salt bath & stretch	3 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	13 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	4 MI STEADY RUN THIS ENTIRE RUN A LITTLE FASTER THAN EASY PACE GETTING CLOSE TO GOAL MARATHON PACE	REST Foam roll, epsom salt bath & stretch	4 MI EASY	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	8 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	3 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	REST Foam roll, epsom salt bath & stretch	5 MI SPEED 2 MI EASY WARM UP 6 X 2 MIN AT 10K EFFORT WITH 2 MIN EASY JOG BETWEEN COOL DOWN EASY PACE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	15 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	5 MI HILLS 2 MI EASY WARM UP 8 X 30 SEC HILL HARD EFFORT WITH WALK/JOE DOWN COOL DOWN EASY PACE	REST Foam roll, epsom salt bath & stretch	4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	9 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	6 MI SPEED 2 MI EASY WARM UP 6 X 2 MIN AT 10K EFFORT WITH 2 MIN EASY JOG BETWEEN COOL DOWN EASY PACE	REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	17 MI EASY VERY EASY PACE! FIND A HILLY ROUTE PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	5 MI STEADY RUN THIS ENTIRE RUN A LITTLE FASTER THAN EASY PACE GETTING CLOSE TO GOAL MARATHON PACE	REST Foam roll, epsom salt bath & stretch	4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	9 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
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REST Foam roll, epsom salt bath & stretch	3 MI EASY	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	REST Foam roll, epsom salt bath & stretch	4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	8 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
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For pricing and a plan more personalized to you  visit run4prs.com