



CHATTANOOGA TRACK CLUB MARATHON TRAINING SCHEDULE (LESS/ MORE EXPERIENCED)

Week	Monday	Tuesday Tempo	Wednesday	Thursday Track	Friday	Saturday	Sunday	Total Mileage
1	5 mi easy	3/5 mi tempo	XT	4/6 x 800	2 mi easy	8 mi long	Rest	20/23
2	5 mi easy	4/5 mi tempo	XT	3/5 x 1200	2 mi easy	12 mi long	Rest	25.25/27.75
3	6 mi easy	4/6 mi tempo	XT	2/4 x 1600	3/4 mi easy	14 mi long	Rest	30/34
4	5 mi easy	4/6 mi tempo	XT	4/8 x 800	2 mi easy	10 mi long	Rest	24/27
5	6 mi easy	5/7 mi tempo	XT	6/10 x 800	3/5 mi easy	12 mi long	Rest	29/35
6	6 mi easy	5/7 mi tempo	XT	4/6 x 1200	3/5 mi easy	14 mi long	Rest	31/36.5
7	6 mi easy	4/6 mi tempo	XT	2/4 x 1600	Rest/XT	16 mi long	Rest	28/32
8	5 mi easy	4/5 mi tempo	XT	4/6 x 800	3/4 mi easy	10 mi long	Rest	24/27
9	6 mi easy	5/8 mi tempo	XT	6/10 x 800	3/5 mi easy	14 mi long	Rest	31/38
10	6 mi easy	5/7 mi tempo	XT	2/4 x 1600	Rest/XT	20 mi long	Rest	33/37
11	6 mi easy	5/8 mi tempo	XT	6/10 x 800	4 mi easy	10 mi long	Rest	29/33
12	5 mi easy	5/7 mi tempo	XT	4/6x 1200	3/5 mi easy	14 mi long	Rest	30/35.5
13	6 mi easy	5/7 mi tempo	XT	2/4 x 1600	Rest/XT	18 mi long	Rest	31/35
14	6 mi easy	5/7 mi tempo	XT	6/10 x 800	4/5 mi easy	12 mi long	Rest	30/35
15	5 mi easy	4/5 mi tempo	XT	4/6 x 800	4 mi easy	8 mi long	Rest	23/25
Race Week	3 mi easy	3 mi tempo	XT	2 mi easy	Rest	Marathon	Rest	34.2

Week 1 is usually the next to last week of July.

Prior to week 1 you should build up your running to the point where you feel comfortable running a 10 mile long run. You should also be comfortable running a total of five days a week. Ideally, you should have run a half marathon previously. Listen to your body!

Key to Schedule:

- Easy: Run at easy conversational pace.
- Tempo: warm up 1 mile, run at 1/2 marathon pace, cool down 1 mile
- XT: Cross Train: Swim, bike, spin, strength, core, yoga
- Thursday: Track Workout: Run at 10K pace, warm up and cool down 1 mile each, take walking/ jogging breaks between set 1/2 lap. Example: on a 6 x 800 day, warm up 1 mile, run an 800 meter lap at 10K pace, then jog 200 meters, then repeat 5 additional times. Finish with a 1 mile cool down.
- Long: run at a pace one to two minutes slower than your intended race pace.