

2011 CTC MARATHON TRAINING SCHEDULE

	Week	Monday	Tuesday	Wednesday (Beg. / Int.)	Thursday	Friday	Saturday	Sunday	Total Mileage
1	7/25	6 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	10 miles	Rest	26 mi / 29 mi
2	8/1	5 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	12 miles	Rest	27 mi / 30 mi
3	8/8	5 miles	Rest / XT	5 mi / 8 mi	4 miles	Rest / XT	14 miles	Rest	28 mi / 31 mi
4	8/15	6 miles	Rest / XT	6 mi / 8 mi	5 miles	Rest / XT	10 miles	Rest	27 mi / 29 mi
5	8/22	5 miles	Rest / XT	6 mi / 8 mi	5 miles	Rest / XT	16 miles	Rest	32 mi / 34 mi
6	8/29	5 miles	Rest / XT	7 mi / 8 mi	4 miles	Rest / XT	18 miles	Rest	34 mi / 35 mi
7	9/5	4 miles	Rest / XT	6 mi / 8 mi	4 miles	Rest / XT	20 miles	Rest	34 mi / 36 mi
8	9/12	6 miles	Rest / XT	6 mi / 10 mi	6 miles	Rest / XT	10 miles	Rest	28 mi / 32 mi
9	9/19	5 miles	Rest / XT	7 mi / 10 mi	4 miles	Rest / XT	16 miles	Rest	32 mi / 35 mi
10	9/26	5 miles	Rest / XT	8 mi / 10 mi	4 miles	Rest / XT	20 miles	Rest	37 mi / 39 mi
11	10/3	6 miles	Rest / XT	7 mi / 8 mi	5 miles	Rest / XT	16 miles	Rest	34 mi / 35 mi
12	10/10	7 miles	Rest / XT	7 mi / 10 mi	7 miles	Rest / XT	10 miles	Rest	31 mi / 34 mi
13	10/17	5 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	20 miles	Rest	35 mi / 38 mi
14	10/24	4 miles	Rest / XT	8 mi / 10 mi	5 miles	Rest / XT	12 miles	Rest	29 mi / 31 mi
15	10/31	5 miles	Rest / XT	5 mi / 8 mi	4 miles	Rest / XT	8 miles	Rest	22 mi / 25 mi
16	11/7	3 miles	Rest / XT	5 mi / 6 mi	3 miles	Rest / XT	Marathon	Celebrate!	37 mi / 38 mi

Suggested Beginner Approach

Mondays – run at an easy pace
Wednesday – run at race tempo pace
Thursday – run at an easy pace, can add speed work after week 9
Saturday – run at a pace at least one-two minutes a mile slower than your intended race pace

Suggested Intermediate Approach

Mondays – run at easy pace
Wednesday – run at race tempo pace
Thursday – speed work
Saturday – run at a pace at least one-two minutes a mile slower than your intended race pace, with 4 miles at race pace

Prior to the week of July 24th 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 four days a week.

For more information on the Marathon Training program please visit <http://www.battlefieldmarathon.com/>