



**CHICKAMAUGA
BATTLEFIELD RACES**

26.2 • 13.1 • 5K • JR

MARATHON TRAINING SCHEDULE (BEGINNER)

Week	Monday	Tuesday Tempo	Wednesday	Thursday Track	Friday	Saturday	Sunday	Total Mileage
16	3 mi easy	2 mi tempo	XT	2 x 800	2 mi easy	8 mi long	Rest	16
15	4 mi easy	2 mi tempo	XT	2 x 1200	2 mi easy	9 mi long	Rest	17.5
14	4 mi easy	3 mi tempo	XT	3 x 1600	2 mi easy	10 mi long	Rest	22
13	4 mi easy	2 mi tempo	XT	4 x 800	3 mi easy	7 mi long	Rest	18
12	5 mi easy	3 mi tempo	XT	6 x 800	2 mi easy	9 mi long	Rest	22
11	5 mi easy	3 mi tempo	XT	3 x 1200	2 mi easy	11 mi long	Rest	23.25
10	5 mi easy	4 mi tempo	XT	2 x 1600	Rest/XT	13 mi long	Rest	24
9	4 mi easy	3 mi tempo	XT	6 x 800	2 mi easy	9 mi long	Rest	21
8	6 mi easy	4 mi tempo	XT	8 x 800	3 mi easy	12 mi long	Rest	29
7	6 mi easy	4 mi tempo	XT	2 x 1600	Rest/XT	15 mi long	Rest	27
6	4 mi easy	3 mi tempo	XT	8 x 800	3 mi easy	10 mi long	Rest	24
5	6 mi easy	3 mi tempo	XT	4 x 1200	2 mi easy	16 mi long	Rest	30
4	4 mi easy	4 mi tempo	XT	3 x 1600	Rest/XT	16 mi long	Rest	27
3	4 mi easy	3 mi tempo	XT	8 x 800	2 mi easy	12 mi long	Rest	25
2	3 mi easy	2 mi tempo	XT	3 x 800	3 mi easy	8 mi long	Rest	17.5
Race Week	2 mi easy	2 mi tempo	XT	1 mi easy	Rest	Marathon	Rest	31.2

Prior to week 16, you should build up your running to the point where you feel comfortable running a 8-10 mile long run. You should also be comfortable running a 3-4 days a week. 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:** 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 dat, 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 then your intended race pace.

For more information on training programs please visit www.BattlefieldMarathon.com

