

Plan A is ideal for:

- (1) Runners attempting their first marathon or veterans recovering from an injury or extended layoff.
- (2) Runners with limited time to train.
- (3) Runners who do better with more recovery time – for example, more mature runners, runners prone to injury, or runners who prefer paces slower than 10:30, etc.

Recommended base prior to beginning Plan A:

- (1) Consistently running 4 or more days a week, for at least 6 months
- (2) Comfortable running 8-10 mile long runs
- (3) Comfortable running hills and tempo runs

Monday and Wednesday Strength and/or Cross Training

Adding strength training and/or cross training to your running routine can make a big difference in your overall fitness level and ability to fend off injuries. Low impact cross training such as swimming and cycling are good choices. A strength training workout that focuses on upper body, core, and hip strengthening is also a good choice. With strength training workouts, dial it back a little. A little soreness and fatigue the next day is okay, but you should not be so sore and tired that it significantly affects your run. If you are super pressed for time, or traveling, you can substitute the quick and easy BASIC 5 on occasions.

Tuesday Tempo Run

Get comfortable being uncomfortable. Tuesday is the day to push yourself out of your comfort zone. Tempo pace is a pace that is comfortably hard. You can hear your breathing, but aren't gasping for air.

Saturday Long Run

The Saturday long run is the key workout for the week. Take it slow enough, walking a bit if necessary, so that you aren't completely wiped out at the end of the run. You should feel tired, but not so tired that you just want to sit on the couch for the rest of the day.

Sunday Recovery Run

Get moving on Sunday to work out any stiffness or soreness from the Saturday long run. Ideally, this is a run or run-walk, but it's okay to occasionally substitute a hike with the family or other activity that gets your whole body moving.

Moving Days Around

Life happens. Sometimes you may need to move runs around. We recommend looking at your weekly schedule every Sunday evening, and planning into your week when you are going to do your runs. **Consistency is the key factor to success in running.** It is okay to move your weekday runs to other days within these rules:

- (1) Don't run more than three days in a row.
- (2) Keep a minimum of one day between a tempo run and a long run. (e.g. tempo on Thursday, long on Saturday)
- (3) It is okay to do one of the CP runs on the same day as a strength training workout. Either run, immediately followed by the strength workout, or separate your run and strength training by a minimum of 6-8 hours. Avoid doing a strength workout followed immediately by a run.
- (4) If you absolutely must drop a run for a week, drop the Sunday mileage.

If you have further questions about what to do, please ask the coaches.

Other Races

There are a number of popular races on the FSRC Calendar – Decathlon 800m (July 11), Run for the Pie (July 21), Women's Distance Festival (Aug 4), Market Street Mile (Sept 8) and Rick's Run (Sept 15). They are listed on the training plan for convenience, not because you have to do them. Should you choose to do any or all, first time marathoners in particular should not "race" them. Treat them as a normal conversational pace training run. For some of these race weekends, the group run has been moved to Sunday so that members can participate or volunteer for the races. If you need to do your long run on Saturday, flip the timed recovery run scheduled on Saturday to Sunday.

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 7/9/18	Informational Meeting 6:00 pm	5 Miles CP + Drill Set	1-2 mile warmup <i>Decathlon 800M</i> Ice Cream Social	30 Min CP	OFF	10 Miles CP	40 Min RR
2 7/16/18	45 min Strength and/or Cross Training	5 Miles CP + Pickups + Drill Set	45 min Strength and/or Cross Training	50 Min CP	OFF	<i>Pie Run 10k</i> (or 11 Miles CP if not racing)	40 Min RR (or 60 min RR if you ran the Pie Run)
3 7/23/18	45 min Strength and/or Cross Training	5-6 Miles Tempo A + Drill Set	45 min Strength and/or Cross Training	50 Min CP	OFF	7 Miles CP	40 Min RR
4 7/30/18	45 min Strength and/or Cross Training	5-6 Miles Tempo A + Drill Set	45 min Strength and/or Cross Training	60 Min CP	OFF	<i>Women's Distance Festival 5k</i> (or 40 Min RR if not racing)	12 Miles CP
5 8/6/18	45 min Strength and/or Cross Training	5-6 Miles Tempo B + Drill Set	45 min Strength and/or Cross Training	60 Min CP	OFF	14 Miles CP	40 Min RR
6 8/13/18	45 min Strength and/or Cross Training	5-6 Miles Tempo A + Drill Set	45 min Strength and/or Cross Training	45 Min CP	OFF	8 Miles CP	40 Min RR
7 8/20/18	45 min Strength and/or Cross Training	6-7 Miles Tempo B + Drill Set	45 min Strength and/or Cross Training	60 Min CP	OFF	16 Miles CP	40 Min RR
8 8/27/18	45 min Strength and/or Cross Training	6-7 Miles Tempo A + Drill Set	45 min Strength and/or Cross Training	50 Min CP + Pickups	OFF	10 Miles CP	40 Min RR
9 9/3/18	45 min Strength and/or Cross Training	6-7 Miles Tempo B + Drill Set	45 min Strength and/or Cross Training	60 Min CP	OFF	<i>Market St Mile</i> (or 30 Min RR if not racing)	18 Miles CP
10 9/10/18	45 min Strength and/or Cross Training	6-7 Miles CP + Drill Set	45 min Strength and/or Cross Training	45 Min CP	OFF	10 Miles CP (if not running Rick's)	<i>Rick's Run 5.22</i> (or 40 Min RR if not racing)
11 9/17/18	45 min Strength and/or Cross Training	6-7 Miles Tempo B + Drill Set	45 min Strength and/or Cross Training	60 Min CP	OFF	20 Miles CP	30 Min RR
12 9/24/18	45 min Strength and/or Cross Training	7-8 Miles Tempo C + Drill Set	45 min Strength and/or Cross Training	60 Min CP + Pickups	OFF	12 Miles CP	40 Min RR
13 10/1/18	45 min Strength and/or Cross Training	7-8 Miles Tempo C + Drill Set	45 min Strength and/or Cross Training	60 Min CP	OFF	20 Miles CP	30 Min RR
14 10/8/18	45 min Strength and/or Cross Training	7-8 Miles Tempo C + Drill Set	45 min Strength and/or Cross Training	50 Min CP + Pickups	OFF	12 Miles CP	40 Min RR
15 10/15/18 Taper	45 min Strength and/or Cross Training	6-7 Miles Tempo C + Drill Set	45 min Strength and/or Cross Training	45 Min CP + Pickups	OFF	8 Miles CP	30 Min RR
12 10/22/18 Taper - Race Week	OFF	40 Min CP	OFF	30 Min CP + Pickups	OFF	OFF	RACE DAY Marine Corps Marathon

HIGHLIGHTED=Group Run HIGHLIGHTED=Goal Race HIGHLIGHTED=FSRC Race

CP = Conversational Pace – you should be able to speak in full sentences

RR = Recovery Run – take your conversational pace and slow it down even more, walk hills if necessary

Pickups: In the middle of the run, 4-6 sets of 30-60 second pickups, a pace that is just outside your comfort zone (not all out.)

Tempo A: Warm-up for 15 minutes at a conversational pace, then do 5 min tempo, followed by 2 minutes at conversational pace. Repeat 5 minutes tempo, 2 minutes conversational 3 more times. Cool down at least 10 minutes at a conversational pace. Tempo pace is a pace that is comfortably hard. You can hear your breathing, but aren't gasping.

Tempo B: Warm-up for 15 minutes at a conversational pace, then do 10 minutes tempo, followed by 2 minutes conversational, then another 10 minutes tempo. Cool down at least 10 minutes at a conversational pace.

Tempo C: Warm-up for 15 minutes at a conversational pace, then do 25 minutes tempo. Cool down at least 10 minutes at a conversational pace.

Our marathon plans are loosely based off the marathon training plans by Coach Jenny Hadfield. Check out www.coachjenny.com if you are interested in her plans for other distances.