

**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 your coach.

**Other Races**

There are a number of fall races on the FSRC Calendar – Run for the Pie (July 27), Women's Distance Festival (August 3), Market Street Mile (September 14), Rick's Run (September 22). If you choose to do any of these races, please speak to your coaches about how to adjust your weekend mileage.

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> 7/1/19		5 Miles CP + Pickups	45 min Strength and/or Cross Training	50 Min CP	OFF	10 Miles CP	40 Min RR
<b>2</b> 7/8/19	45 min Strength and/or Cross Training	5:45 Information Session 5 Miles CP + Pickups	1-2 mile warmup <b>Decathlon 800m</b> Ice Cream Social	50 Min CP	OFF	11 Miles CP	40 Min RR
<b>3</b> 7/15/19	45 min Strength and/or Cross Training	5-6 Miles Tempo A	45 min Strength and/or Cross Training	50 Min CP	OFF	12 Miles CP	40 Min RR
<b>4</b> 7/22/19	45 min Strength and/or Cross Training	5-6 Miles Tempo A	45 min Strength and/or Cross Training	60 Min CP	OFF	<b>Pie Run 10K</b> (or 10 miles CP if not racing)	40 Min RR
<b>5</b> 7/29/19	45 min Strength and/or Cross Training	5-6 Miles Tempo B	45 min Strength and/or Cross Training	60 Min CP	OFF	<b>Women's Distance Festival 5K</b> (or 40 Min RR if not racing)	14 Miles CP
<b>6</b> 8/5/19	45 min Strength and/or Cross Training	5-6 Miles Tempo A	45 min Strength and/or Cross Training	45 Min CP	OFF	16 Miles CP	40 Min RR
<b>7</b> 8/12/19	45 min Strength and/or Cross Training	6-7 Miles Tempo B	45 min Strength and/or Cross Training	60 Min CP	OFF	12 Miles CP	40 Min RR
<b>8</b> 8/19/19	45 min Strength and/or Cross Training	6-7 Miles Tempo A	45 min Strength and/or Cross Training	50 Min CP + Pickups	OFF	16 Miles CP	40 Min RR
<b>9</b> 8/26/19	45 min Strength and/or Cross Training	6-7 Miles Tempo B	45 min Strength and/or Cross Training	60 Min CP	OFF	18 Miles CP	30 Min RR
<b>10</b> 9/2/19	45 min Strength and/or Cross Training	6-7 Miles CP	45 min Strength and/or Cross Training	45 Min CP	OFF	12 Miles CP	40 Min RR
<b>11</b> 9/9/19	45 min Strength and/or Cross Training	6-7 Miles Tempo B	45 min Strength and/or Cross Training	60 Min CP	OFF	<b>Market St. Mile</b> (or 30 Min RR if not racing)	20 Miles CP
<b>12</b> 9/16/19	45 min Strength and/or Cross Training	7-8 Miles Tempo C	45 min Strength and/or Cross Training	60 Min CP + Pickups	OFF	12 Miles CP (if not running Rick's)	<b>Rick's Run 5.22</b> (or 40 Min RR if not racing)
<b>13</b> 9/23/19	45 min Strength and/or Cross Training	7-8 Miles Tempo C	45 min Strength and/or Cross Training	60 Min CP	OFF	20 Miles CP	30 Min RR
<b>14</b> 9/30/19	45 min Strength and/or Cross Training	7-8 Miles Tempo C	45 min Strength and/or Cross Training	50 Min CP + Pickups	OFF	12 Miles CP	40 Min RR
<b>15</b> 10/7/19 Taper	45 min Strength and/or Cross Training	6-7 Miles Tempo C	45 min Strength and/or Cross Training	45 Min CP + Pickups	OFF	8 Miles CP	30 Min RR
<b>16</b> 10/14/19 Taper - Race Week	OFF	40 Min CP	OFF	30 Min CP + Pickups	OFF	<b>RACE DAY</b> <b>Baltimore Marathon</b>	

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](http://www.coachjenny.com) if you are interested in her plans for other distances.*