

**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.

| WEEK   | Monday                                      | Tuesday                         | Wednesday                                   | Thursday               | Friday | Saturday   | Sunday   |
|--|---|---------------------------------|---|------------------------|--------|--|--|
| <b>1</b><br>6/21/2021                          | 45 min<br>Strength and/or<br>Cross Training | <b>5 Miles CP +<br/>Pickups</b> | 45 min<br>Strength and/or<br>Cross Training | 50 Min CP              | OFF    | <b>10 Miles CP</b>   | 40 Min RR  |
| <b>2</b><br>6/28/2021                          | 45 min<br>Strength and/or<br>Cross Training | <b>5 Miles CP +<br/>Pickups</b> | 45 min<br>Strength and/or<br>Cross Training | 50 Min CP              | OFF    | <b>11 Miles CP</b>   | 40 Min RR  |
| <b>3</b><br>7/5/2021                           | 45 min<br>Strength and/or<br>Cross Training | <b>5-6 Miles Tempo A</b>        | 45 min<br>Strength and/or<br>Cross Training | 50 Min CP              | OFF    | <b>12 Miles CP<br/>or rest for FRF</b>                               | 40 Min RR or<br>Frederick Half<br>Marathon               |
| <b>4</b><br>7/12/2021                          | 45 min<br>Strength and/or<br>Cross Training | <b>5-6 Miles Tempo A</b>        | 45 min<br>Strength and/or<br>Cross Training | 60 Min CP              | OFF    | <b>10 Miles CP</b>   | 40 Min RR  |
| <b>5</b><br>7/19/2021                          | 45 min<br>Strength and/or<br>Cross Training | <b>5-6 Miles Tempo B</b>        | 45 min<br>Strength and/or<br>Cross Training | 60 Min CP              | OFF    | <b>14 Miles CP or<br/>Run for the Pie<br/>10K</b>                    | 40 Min RR  |
| <b>6</b><br>7/26/2021                          | 45 min<br>Strength and/or<br>Cross Training | <b>5-6 Miles Tempo A</b>        | 45 min<br>Strength and/or<br>Cross Training | 45 Min CP              | OFF    | <b>16 Miles CP</b>   | 40 Min RR  |
| <b>7</b><br>8/2/2021                           | 45 min<br>Strength and/or<br>Cross Training | <b>6-7 Miles Tempo B</b>        | 45 min<br>Strength and/or<br>Cross Training | 60 Min CP              | OFF    | <b>WDF 5k<br/>Run/Volunteer or<br/>40 Min CP</b>                     | <b>12 Mile CP</b>  |
| <b>8</b><br>8/9/2021                           | 45 min<br>Strength and/or<br>Cross Training | <b>6-7 Miles Tempo A</b>        | 45 min<br>Strength and/or<br>Cross Training | 50 Min CP +<br>Pickups | OFF    | <b>16 Miles CP</b>   | 40 Min RR  |
| <b>9</b><br>8/16/2021                          | 45 min<br>Strength and/or<br>Cross Training | <b>6-7 Miles Tempo B</b>        | 45 min<br>Strength and/or<br>Cross Training | 60 Min CP              | OFF    | <b>18 Miles CP</b>   | 30 Min RR  |
| <b>10</b><br>8/23/2021                         | 45 min<br>Strength and/or<br>Cross Training | <b>6-7 Miles CP</b>             | 45 min<br>Strength and/or<br>Cross Training | 45 Min CP              | OFF    | <b>12 Miles CP</b>   | 40 Min RR  |
| <b>11</b><br>8/30/2021                         | 45 min<br>Strength and/or<br>Cross Training | <b>6-7 Miles Tempo B</b>        | 45 min<br>Strength and/or<br>Cross Training | 60 Min CP              | OFF    | <b>20 Miles CP</b>   | 30 Min RR  |
| <b>12</b><br>9/6/2021                          | 45 min<br>Strength and/or<br>Cross Training | <b>7-8 Miles Tempo C</b>        | 45 min<br>Strength and/or<br>Cross Training | 60 Min CP +<br>Pickups | OFF    | <b>MSM<br/>Run/Volunteer or<br/>40 Min CP</b>                        | <b>12 Mile CP</b>  |
| <b>13</b><br>9/13/2021                         | 45 min<br>Strength and/or<br>Cross Training | <b>7-8 Miles Tempo C</b>        | 45 min<br>Strength and/or<br>Cross Training | 60 Min CP              | OFF    | <b>20 Miles CP</b>   | 30 Min RR  |
| <b>14</b><br>9/20/2021                         | 45 min<br>Strength and/or<br>Cross Training | <b>7-8 Miles Tempo C</b>        | 45 min<br>Strength and/or<br>Cross Training | 50 Min CP +<br>Pickups | OFF    | <b>12 Miles CP</b>   | 40 Min RR  |
| <b>15</b><br>9/27/2021<br>Taper                | 45 min<br>Strength and/or<br>Cross Training | <b>6-7 Miles Tempo C</b>        | 45 min<br>Strength and/or<br>Cross Training | 45 Min CP +<br>Pickups | OFF    | <b>8 Miles CP</b>  | 30 Min RR  |
| <b>16</b><br>10/4/2021<br>Taper - Race<br>Week | OFF   | <b>40 Min CP</b>                | OFF   | 30 Min CP +<br>Pickups | OFF    | <b>RACE DAY<br/>Baltimore<br/>Marathon or<br/>Boston<br/>Virtual</b> | <b>RACE DAY<br/>Boston<br/>Virtual or<br/>Rick's Run</b> |

HIGHLIGHTED=Group Run

HIGHLIGHTED=Goal 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.*