



FULL MARATHON RUNNING TRAINING SCHEDULE

DAY	MON	TUE	WED	THU	FRI	SAT
JAN 4	30-50 MINUTES Strength Train	RUN 3 MILES	30-50 MINUTES Strength Train	RUN 7 MILES	30-50 MINUTES Strength Train	RUN 12 MILES
JAN 11	30-50 MINUTES Strength Train	RUN 3 MILES	30-50 MINUTES Strength Train	RUN 7 MILES	30-50 MINUTES Strength Train	RUN 14 MILES
JAN 18	30-50 MINUTES Strength Train	RUN 4 MILES	30-50 MINUTES Strength Train	RUN 5 MILES	30-50 MINUTES Strength Train	RUN 10 MILES
JAN 25	30-50 MINUTES Strength Train	RUN 4 MILES	30-50 MINUTES Strength Train	RUN 8 MILES	30-50 MINUTES Strength Train	RUN 15 MILES
FEB 1	30-50 MINUTES Strength Train	RUN 4 MILES	30-50 MINUTES Strength Train	RUN 8 MILES	30-50 MINUTES Strength Train	RUN 17 MILES
FEB 8	30-50 MINUTES Strength Train	RUN 4 MILES	30-50 MINUTES Strength Train	RUN 6 MILES	30-50 MINUTES Strength Train	RUN 18 MILES
FEB 15	30-50 MINUTES Strength Train	RUN 4 MILES	30-50 MINUTES Strength Train	RUN 9 MILES	30-50 MINUTES Strength Train	RUN 12 MILES
FEB 22	30-50 MINUTES Strength Train	RUN 5 MILES	30-50 MINUTES Strength Train	RUN 10 MILES	30-50 MINUTES Strength Train	RUN 20 MILES
FEB 29	30-50 MINUTES Strength Train	RUN 4 MILES	30-50 MINUTES Strength Train	RUN 7 MILES	30-50 MINUTES Strength Train	RUN 12 MILES
MAR 7	30-50 MINUTES Strength Train	RUN 4 MILES	30-50 MINUTES Strength Train	RUN 6 MILES	30-50 MINUTES Strength Train	RUN 8 MILES
MAR 14	REST	RUN 3 MILES	30-50 MINUTES Strength Train	REST	30-50 MINUTES Strength Train	RACE DAY!

Warm Up: Walk 5 minutes at an easy pace prior to every run-walk workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool Down: Walk 5 minutes at an easy pace after every run-walk workout to gradually bring heart rate and breathing back to normal levels.

Heart Rate: If you have a heart rate monitor maintain a range between the Unify Personal Trainer recommendation. Ask a Unify Trainer for your percentages.

Run Walk: Warm up 5 minutes walking briskly. Run at a pace that you can still talk or a "conversational pace" for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes.

Flexibility: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.