



16-WEEK TRAINING PLAN: MARATHON



CREATED BY BROOKS BEASTS HEAD COACH DANNY MACKEY

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	30-45 min run. Do not worry about pace, just run easy off of feel.	35-50 min run. Do not worry about pace, just run easy off of feel. 6x hard paced sprints that last 15 sec in duration with a 1 min recovery at the end of the run.	OFF/ Recovery Day	40-60 min run @ easy to moderate pace . Track distance but no distance goal.	10-15 min run @ easy pace . 8-10x 30 sec uphill sprints and walk down for recovery. 10-15 min cool-down .	Cross training activity like hike or bike.	50-70 min run @ easy to moderate pace .
WEEK 2	35-45 min run @ recovery pace .	15-20 min warm-up . Run for 5 min, 2-3x, @ 15-25 sec slower than goal pace (GP) with 2 min rest. 15-20 min cool-down .	OFF/ Recovery Day	45-65 min run @ easy to moderate pace .	15-20 min warm-up . 4-5x 60 sec uphill sprints with jog down. 4-5x 20 sec uphill sprints with walk down. 15-20 min cool-down .	Cross training activity like hike or bike.	9-12 miles @ easy pace .
WEEK 3	5-7 miles @ recovery pace .	20-25 min warm-up . Run for 4 min, 3-4x @ 10-15 sec slower than GP with 2 mins of jogging rest between each run. 20-25 min cool-down .	OFF/ Recovery Day	6-9 miles @ 20-30 sec slower than GP .	15-20 min warm-up . 8-10x 400m @ 5-7 sec faster than GP w/60-90 sec rest. 15-20 min cool-down .	Cross training activity like hike or bike.	11-13 miles @ easy pace .
WEEK 4	5-7 miles @ recovery pace . 4x 30 sec sprints w/2 min recovery.	20-25 min warm-up . 3-4x run for 3 min @ 15 sec slower than GP , 2 min @ 5 sec slower than GP , 1 min @ GP . 1 min recovery between each rep. 20-25 min cool-down .	OFF/ Recovery Day	7-10 miles @ 20-30 sec slower than GP .	15-20 min warm-up . 6x 800m GP with equal rest (if you run a 3:00 hour marathon you run a 3 min 800m w/3 min rest), 15-20 min cool-down .	30 min run @ recovery pace run or cross training activity like hike or bike.	12-14 miles @ easy pace .
WEEK 5	6-8 miles @ recovery pace . 8x 15 sec pickups with 30 sec recovery.	20-25 min warm-up . 4-5x 60 sec hills w/4 min rest. 3 miles @ 5-10 sec slower than GP . 20-25 min cool-down .	OFF/ Recovery Day	8-11 miles @ 15-25 sec slower than GP .	15-20 min warm-up . 6x 800m @ 5-7 sec faster than GP with easy 400m jog for recovery. 15-20 min cool-down .	35 min run @ recovery pace or cross training activity like hike or bike.	13-15 miles @ easy pace .
WEEK 6	7-9 miles @ recovery pace . 8x 10 sec sprints uphill with walk down.	20-25 min warm-up . 3 miles @ GP , 1 mile @ recovery pace , 2 miles @ 5 sec faster than GP . 20-25 min cool-down .	OFF/ Recovery Day	9-12 miles @ 20-30 slower than GP .	15-20 min warm-up . 12-14x 400m, 8-12 sec faster than GP 2 min rest. 15-20 min cool-down .	40 min run @ recovery pace or cross training activity like hike or bike.	15-17 miles @ easy pace .

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WEEK 7	7-9 miles @ recovery pace . 8x 10 sec sprints uphill with walk down.	20-25 min warm-up . 5x 1 mile @ GP 2-3 min rest. 20-25 min cool-down .	OFF/ Recovery Day	10-13 mile run @ 15-25 sec slower than GP .	15-20 min warm-up . 9x 800m @ GP with equal rest. 15-20 min cool-down .	40 min run @ recovery pace or cross training activity like hike or bike.	17-19 miles @ easy pace .
WEEK 8	7-9 miles @ recovery pace . 8x 10 sec sprints uphill with walk down.	15-20 min warm-up . 6-8 miles @ GP (if feeling good, go a few seconds faster per mile). 15-20 min cool-down .	OFF/ Recovery Day	10-13 mile run @ 15-25 sec slower than GP .	15-20 min warm-up . 4x 400m @ 10-15% faster than GP with 90 sec rest. 3 min jog, into 2.5 miles @ GP . 3 min jog, repeat 1 more time. 15-20 min cool-down .	40 min run @ recovery pace or cross training activity like hike or bike.	18-20 miles @ easy pace . Last 2 miles GP .
WEEK 9	7-9 miles @ recovery pace . 8x 10 sec sprints uphill with walk down.	15-20 min warm-up . 3x 3 miles @ GP 400m jog for recovery. (Last set if feeling good go 5-10 seconds per mile faster than GP). 15-20 min cool-down .	OFF/ Recovery Day	10-13 mile run @ 15-25 sec slower than GP .	20-25 min warm-up . 4 miles @ 15-20 sec faster than GP . 20-25 min cool-down .	40 min run @ recovery pace or cross training activity like hike or bike.	18-20 miles @ easy pace . Last 3 miles at GP .
WEEK 10	7-9 miles @ recovery pace . 8x 10 sec sprints uphill with walk down.	15-20 min warm-up . 10-12x 60 sec hills with jog down. 15-20 min cool-down .	OFF/ Recovery Day	10-13 mile run @ 15-25 sec slower than GP .	20-25 min warm-up . 5 miles @ 15-20 sec faster than GP . 20-25 min cool-down .	40 min run @ recovery pace or cross training activity like hike or bike.	18-20 miles @ easy pace . Last 4 miles at GP .
WEEK 11	7-9 miles @ recovery pace . 8x 10 sec sprints uphill with walk down.	15-20 min warm-up . 3x 2 miles @ 5 sec faster than GP . 1 mile @ 20 sec slower than GP . 15-20 min cool-down .	OFF/ Recovery Day	10-13 mile run @ whatever pace as you feel.	15-20 min warm-up . 11x 800m @ GP with equal rest. 15-20 min cool-down .	40 min run @ recovery pace or cross training activity like hike or bike.	18-20 miles @ easy pace . Last miles at GP .
WEEK 12	7-9 miles @ recovery pace . 8x 10 sec sprints uphill with walk down.	15-20 min warm-up . 3x 5 min @ GP with 1 min rest, 3 min @ 5-10 sec faster than GP with 1 min rest, 1 min @ 10-15 sec faster than GP with 3 min rest. 15-20 min cool-down .	OFF/ Recovery Day	6-9 mile run @ 20-30 sec slower than GP .	20 min warm-up . 6x 400m @ 5-7 sec faster than GP with 90 sec rest. 4x 200m @ 2-3 sec faster than 400m pace with 90 sec rest. 20 min cool-down .	20 min run @ recovery pace .	HALF MARATHON
WEEK 13	OFF/ Recovery Day	7-9 miles @ recovery pace . 8x 10 sec sprints uphill with walk down.	15-20 min warm-up . 4 miles @ 10 sec faster than GP . 2 miles @ 15 sec faster than GP . 1 mile @ 20-25 sec faster than GP with 800m jog recovery. 15-20 min cool-down .	50-60 min run as you feel.	20-25 min warm-up . 12-14x 30 sec uphill with jog down. 20-25 min cool-down .	40 min run @ recovery pace or cross training activity like hike or bike.	21-24 miles @ easy pace .
WEEK 14	7-9 miles @ recovery pace .	15-20 min warm-up . 12x 800m @ GP with equal rest. 15-20 min cool-down .	OFF/ Recovery Day	50-60 min run as you feel.	15 min warm-up . 12 miles @ GP . 15 min cool-down .	40 min run @ recovery pace or cross training activity like hike or bike.	18-20 miles @ easy pace . Last 3 miles at 5-10 sec faster than GP .

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WEEK 15	7-9 miles @ recovery pace . 8x 10 sec sprints uphill with walk down.	15-25 min warm-up . 16x 400m @ 3-6 sec faster than GP with 60 sec rest. 15-25 min cool-down .	OFF/ Recovery Day	50-60 min run as you feel.	20-25 min warm-up . 6 miles, first 3 miles @ 5-10 sec faster than GP , last 3 miles, 15-20 sec faster than GP . 20-25 min cool-down .	40 min run @ recovery pace or cross training activity like hike or bike.	10-12 miles @ easy pace .
WEEK 16	6-8 miles @ recovery pace .	15-25 min warm-up . 3x 1 mile. First mile 20 sec faster than GP , 2nd mile GP , 3rd mile 20 sec faster than GP . 15-25 min cool-down .	OFF/ Recovery Day	40-50 min run as you feel.	15-20 min warm-up . 15 min @ GP . 15-20 min cool-down .	20-35 min run @ easy pace .	MARATHON!

PACE DEFINITIONS:

EASY PACE – This can be your “default” pace and try not to pay attention to your watch, just run relaxed and off feel. You should be able to carry a conversation. On a 1 to 10 scale, 1 being a walk, 10 being an all out race effort, this is a 3-4 out of 10 effort.

MODERATE PACE – This should be markedly faster than your Easy Pace but should be much easier than a sprint and much less intense. You should be able to maintain this pace for an entire run if you were to focus. You should be able to say a full sentence but not carry on a conversation. Effort is a 5-6 out of 10.

HARD PACE – This should be faster than moderate pace. You’ll push yourself to run this hard pace for shorter intervals at various times in the training plan. You’ll want to practice good form while staying mentally tough to practice pushing through discomfort at this faster speed. You can say a few words but not a full sentence. Effort is an 8-9 out of 10.

GOAL PACE (GP) – Use the pace calculator to determine your time per mile based on your goals. This will help you determine what your race pace is for your workouts. This is a 10 out of 10 effort wise.

RECOVERY PACE – Your body can help you determine what Recovery Pace is for you. Used mostly in workouts after hard or fast intervals, recovery pace is slow and steady, usually slower than your Easy Pace. This is meant to keep your heartrate up and your body warm while giving your systems the chance to recover and reset. Effort wise this is a 2 out of 10. Slower is better, don’t worry about pace here, the aim is to recover.

PICKUPS – These are short efforts. You can think of these as controlled sprints where you work on speed and your form. Use these as an opportunity to be athletic and get back to your pure speed.

WARM-UP / COOL-DOWN – Easy jogging and a few shorter, faster intervals to get your body ready for a workout, and easy jogging to recover once you’re done.

