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Training Schedules

The following Training Schedules were actually used to build up for a Target Race of 21.1 km or 13.1 miles. For target races of 5 to 10 km, add more speed work and possibly reduce mileage slightly. For the Marathon, gradually increase the longest weekly run to as close as possible to 20 miles/ 32 km. If the race course will have hills, be sure to add hill workouts. Note: all the following build up schedules assume a base training level of at least 30 miles/ 48 km per week.

10 Weeks Preparation with 50 miles/ 80 km peak.

	Days Run	Miles/ km	Min. per Day	
Week 1	6	38.8/ 62.1	40 to 70 min.	
Week 2	7	46.7/ 74.7	40 to 70 min.	
Week 3	6	42.6/ 68.2	50 to 85 min.	
Week 4	7	50.5/ 80.8	40 to 105 min.	4 mile race
Week 5	6	47.2/ 75.5	50 to 106 min.	10 km race
Week 6	6	45.0/ 72.0	70 to 104 min.	
Week 7	7	55.2/ 88.3	70 to 105 min.	
Week 8	7	47.1/ 75.4	40 to 80 min.	
Week 9	7	54.2/ 86.7	60 to 86 min.	5 km race
Week 10	6	43.9/ 70.2	50 to 80 min.	taper
Race Week	5	23.6/ 37.8	30 min. max.	

Age graded results were 77.4%; 1:15:50 Time and 5:47 per Mile (3:37 per km) Pace

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10 Weeks Preparation with 60 miles/ 96 km peak.

	Days Run	Miles/ km	Min. per Day	
Week 1	7	42.2/ 67.5	34 to 88 min.	
Week 2	7	50.1/ 80.2	34 to 91 min	
Week 3	7	53.9/ 86.2	44 to 84 min.	
Week 4	6	41.0/ 65.6	34 to 107 min.	4 mile race
Week 5	6	46.0/ 73.6	20 to 98 min.	10 km race
Week 6	6	52.4/ 83.8	60 to 109 min.	
Week 7	6	61.2/ 97.9	65 to 112 min.	
Week 8	7	64.1/ 102.6	63 to 122 min.	
Week 9	7	53.7/ 85.9	20 to 107 min.	5 km race
Week 10	5	42.6/ 68.2	57 to 94 min.	Taper
Race Week	5	26.0/ 41.6	20 to 52 min.	

Age graded results were 79.6%; 1:14:55 Time and 5:43 per Mile (3:34 per km) Pace

10 Weeks Preparation with 70 miles/ 112 km peak.

	Days Run	Miles/ km	Min. per Day	
Week 1	6	51.1/ 81.8	68 to 83 min	
Week 2	7	53.2/ 85.1	30 to 100 min.	
Week 3	6	53.5/ 85.6	69 to 89 min.	
Week 4	7	61.2/ 97.9	30 to 96 min.	4 mile race
Week 5	7	61.5/ 98.4	36 to 85 min.	
Week 6	6	61.2/ 97.9	54 to 118 min.	
Week 7	7	72.8/ 116.5	63 to 103 min.	
Week 8	7	73.3/ 117.3	69 to 108 min.	
Week 9	6	40.2/ 64.3	30 to 95 min.	5 km race
Week 10	5	26.0/ 41.6	30 to 61 min.	
Race Week	5	23.5/ 37.6	20 to 40 min.	

Age graded results were 80.3%; 1:14:18 Time and 5:40 per Mile (3:32 per km) Pace

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Typical 40 mile/ 60 km week:

Monday	7.0/ 11.2	65 min.	
Tuesday	Off		
Wednesday	9.0/ 14.4	80 min.	
Thursday	6.5/ 10.4	60 min.	
Friday	6.0/ 9.6	55 min.	
Saturday	4.0/ 6.4	33 min.	Speed work
Sunday	7.0/ 11.2	63 min.	
Total	39.5/ 63.2		

Typical 50 mile/ 80 km week:

Monday	11.5/ 18.4	104 min.	Race time
Tuesday	7.2/ 11.5	65 min.	
Wednesday	10.3/ 16.5	90 min.	
Thursday	4.1/ 6.6	37 min.	
Friday	6.7/ 10.7	60 min.	Pace work
Saturday	6.0/ 9.6	55 min.	
Sunday	6.0/ 9.6	55 min.	
Total	51.8/ 82.9		

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Typical 60 mile/ 100 km week:

Monday	12.0/ 19.2	105 min.	Race time
Tuesday	7.5/ 12.0	64 min.	
Wednesday	10.0/ 16.0	81 min.	Pace work
Thursday	7.1/ 11.4	64 min.	
Friday	8.0/ 12.8	69 min.	Track intervals
Saturday	8.0/ 12.8	70 min.	
Sunday	8.0/ 12.8	71 min.	
Total	60.6/ 97.0		

Typical 70 mile/ 120 km week:

Monday	10.0/ 16.0	86 min.	
Tuesday	12.5/ 20.0	108 min.	Race time
Wednesday	8.1/ 13.0	69 min.	5.8 at pace
Thursday	10.0/ 16.0	88 min.	
Friday	12.5/ 20.0	107 min.	Race time
Saturday	11.2/ 17.9	96 min.	
Sunday	9.0/ 14.4	74 min.	5.5 at pace
Total	73.3/ 117.3		

Note: 62.1 miles were on dirt and grass trails and 11.2 on asphalt.