

Coach Brendan SM

Running

Schedule #4 - Run-Walk

Please visit your physician for an examination before starting an exercise program. This training schedule is designed for those athletes who have not been involved in regular athletic endeavors for at least the previous six months.

Recommendations to follow this training program: average weekly mileage is less than 15 mile per week or if you have not run longer than 3 miles continuously and consistently.

If your average weekly mileage during the last six months has not been greater than 10 miles per week, or your long run is less than 4 miles, follow the (A) time periods for all training runs.

If your weekly mileage has averaged between 10 and 15 miles per week over the last six months and you are able to comfortably run for 4 miles at a time, follow the (B) time periods for all training runs.

All Monday and Wednesday workouts are timed based.

For example, in the first week the workout for Monday is 30 (A) - 36 (B) minutes.

Those following the (A) schedule would run 3 minutes, walk 2 minutes, repeat a total of 6 times for a workout total of 30 minutes, while those following the (B) schedule would run 3 minutes, walk 2 minutes, repeat a total of 6 times for a workout total of 36 minutes. In addition to the time intervals there is a parenthetical reference to mileage. These are inserted for the benefit of those of you who run-walk at a pace per mile faster than 10 minutes. The distance listed is the maximum distance to run-walk within the time intervals. For example, under Monday in Week 1, you would run-walk for either 30-36 minutes (6 run-walk segments) or 3 miles, whichever comes first.

To read the time key, the number to the left of the "/" indicates the length of time (in minutes) to run, while the number to the right of the "/" indicate

By: Coach Brendan Cournane

Coach@CoachBrendan.com

www.CoachBrendan.com

TRAINING PROGRAM #4

(Run-Walk)

the length of time (in minutes) to walk. So, for example, the (A) workout for the first week of the training schedule reads 3/2 indicating you should run for 3 minutes, walk for 2, while the (B) workout for the first week of the training schedule reads 4/2 indicating you should run 4 minutes, walk 2.	
If you find yourself having difficulty during the running intervals, extend the walking intervals and slow your pace.	
Below the time workouts is a maximum distance to run (for those whose pace per mile is faster than 10 minutes per mile).	
The goal of those athletes following either of these training programs is to complete a marathon.	
To read the workout key:	
Cross-Train (XT): Non-weight bearing activity. Examples are biking, swimming, stair climber or elliptical trainer. Purpose is to maintain and build on aerobic fitness and capacity while reducing the stress on the body resulting from running.	
Easy Run (EZ): This is a recovery run. If training with a heart rate monitor, stay in the 65 - 70% zone. You should be able to complete the workout with the ability to talk comfortably in complete sentences. This pace allows recovery from hard workouts.	
Fartlek: Alternating irregular fast and slow intervals; may be done by time or by markers on the running course.	
LSD: Long Slow Distance Run, pace is 45 seconds - 1 minute per mile slower than projected marathon pace. Conversational pace. You should be able to talk in complete sentences throughout the run. Feel like you could run one more mile at same pace when finished with workout.	
Pacing(P): Focus on running at a consistent pace per mile. This may be slightly slower or faster than EZ run. Pace should feel comfortable throughout the workout. Learn what a pace feels like to your body.	
MP: Marathon Pace or Race Pace, projected pace per mile in marathon.	
Negative Split: Running second half of workout 1 - 3 minutes faster than first half of workout.	
Race Pace (RP): A run at or approximating projected race pace. Any Race Pace run begins and ends with a warm up and cool down for the first and last half to full mile (incorporated into the total mileage of the workout).	
Rest: No training activity this day. Allows recovery from training. These are necessary components to allow the body to progress and get stronger, allowing adaptation for the next training segment.	

TRAINING PROGRAM #4

(Run-Walk)

[illegible]

<u>Week Number</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	
	<u>19-May</u>	<u>20-May</u>	<u>21-May</u>	<u>22-May</u>	<u>23-May</u>	<u>24-May</u>	<u>25-May</u>	
1	Rest	(A) 30 mins @ 3/2 (B) 36 mins @ 4/2 3 miles EZ	30 - 40 Minutes XT	(A) 30 mins @ 3/2 (B) 36 mins @ 4/2 3 miles EZ	30 - 40 Minutes XT	Rest	4 Miles (A) 3/2 (B) 4/2 LSD	
	<u>26-May</u>	<u>27-May</u>	<u>28-May</u>	<u>29-May</u>	<u>30-May</u>	<u>31-May</u>	<u>1-Jun</u>	
2	Rest	(A) 30 mins @ 3/2 (B) 36 mins @ 4/2 3 miles EZ	30 - 40 Minutes XT	(A) 30 mins @ 3/2 (B) 36 mins @ 4/2 4 miles EZ	30 - 40 Minutes XT	Rest	5 Miles (A) 3/2 (B) 4/2 LSD	
	<u>2-Jun</u>	<u>3-Jun</u>	<u>4-Jun</u>	<u>5-Jun</u>	<u>6-Jun</u>	<u>7-Jun</u>	<u>8-Jun</u>	
3	Rest	(A) 30 mins @ 3/2 (B) 36 mins @ 4/2 4 miles EZ	30 - 40 Minutes XT	(A) 30 mins @ 3/2 (B) 36 mins @ 4/2 4 miles EZ	30 - 40 Minutes XT	Rest	6 Miles (A) 3/2 (B) 4/2 LSD	

2024 BMW Berlin Marathon

TRAINING PROGRAM #4

(Run-Walk)

[illegible]

By: Coach Brendan Cournane

Coach@CoachBrendan.com

www.CoachBrendan.com

<u>Week Number</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	
7	Rest	(A) 36 mins @ 4/2 (B) 42 mins @ 5/1 5 miles EZ	30 - 40 Minutes XT	(A) 36 mins @ 4/2 (B) 42 mins @ 5/1 5 miles EZ	45 - 50 Minutes XT	Rest	11 Miles (A) 3/2 (B) 4/2 LSD	
	<u>7-Jul</u>	<u>8-Jul</u>	<u>9-Jul</u>	<u>10-Jul</u>	<u>11-Jul</u>	<u>12-Jul</u>	<u>13-Jul</u>	
8	Rest	(A) 42 mins @ 4/2 (B) 48 mins @ 5/1 5 miles EZ	30 - 40 Minutes XT	(A) 42 mins @ 4/2 (B) 48 mins @ 5/1 5 miles EZ	45 - 50 Minutes XT	Rest	12 Miles (A) 3/2 (B) 4/2 LSD	
	<u>14-Jul</u>	<u>15-Jul</u>	<u>16-Jul</u>	<u>17-Jul</u>	<u>18-Jul</u>	<u>19-Jul</u>	<u>20-Jul</u>	
9	Rest	(A) 42 mins @ 4/2 (B) 48 mins @ 5/1 5 miles EZ	35 - 45 Minutes XT	(A) 42 mins @ 4/2 (B) 48 mins @ 5/1 5 miles EZ	45 - 50 Minutes XT	Rest	9 Miles (A) 3/2 (B) 4/2 LSD	
	<u>21-Jul</u>	<u>22-Jul</u>	<u>23-Jul</u>	<u>24-Jul</u>	<u>25-Jul</u>	<u>26-Jul</u>	<u>27-Jul</u>	
10	Rest	(A) 48 mins @ 4/2 (B) 54 mins @ 5/1 6 miles EZ	35 - 45 Minutes XT	(A) 48 mins @ 4/2 (B) 54 mins @ 5/1 6 miles EZ	45 - 50 Minutes XT	Rest	13 Miles (A) 3/2 (B) 4/2 LSD	
	<u>28-Jul</u>	<u>29-Jul</u>	<u>30-Jul</u>	<u>31-Jul</u>	<u>1-Aug</u>	<u>2-Aug</u>	<u>3-Aug</u>	

By: Coach Brendan Cournane

Coach@CoachBrendan.com

www.CoachBrendan.com

2024 BMW Berlin Marathon

TRAINING PROGRAM #4

(Run-Walk)

[illegible]

By: Coach Brendan Cournane

Coach@CoachBrendan.com

www.CoachBrendan.com

2024 BMW Berlin Marathon

TRAINING PROGRAM #4

(Run-Walk)

Week Number	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7 miles EZ	XT	6 miles EZ	XT		(B) 5/2 LSD
	<u>25-Aug</u>	<u>26-Aug</u>	<u>27-Aug</u>	<u>28-Aug</u>	<u>29-Aug</u>	<u>30-Aug</u>	<u>31-Aug</u>
15	Rest	(A) 50 mins @ 4/1 (B) 60 mins @ 5/1 7 miles EZ	45 - 50 Minutes XT	(A) 48 mins @ 4/2 (B) 56 mins @ 5/2 6 miles EZ	45 - 50 Minutes XT	Rest	13 Miles (A) 4/1 (B) 5/1 LSD
	<u>1-Sep</u>	<u>2-Sep</u>	<u>3-Sep</u>	<u>4-Sep</u>	<u>5-Sep</u>	<u>6-Sep</u>	<u>7-Sep</u>
16	Rest	(A) 50 mins @ 4/1 (B) 60 mins @ 5/1 6 miles EZ	45 - 50 Minutes XT	(A) 48 mins @ 4/2 (B) 56 mins @ 5/2 6 miles EZ	45 - 50 Minutes XT	Rest	20 Miles (A) 4/2 (B) 5/2 LSD
	<u>8-Sep</u>	<u>9-Sep</u>	<u>10-Sep</u>	<u>11-Sep</u>	<u>12-Sep</u>	<u>13-Sep</u>	<u>14-Sep</u>
17	Rest	(A) 54 mins @ 4/2 (B) 63 mins @ 5/2 7 miles EZ	45 - 50 Minutes XT	(A) 48 mins @ 4/2 (B) 56 mins @ 5/2 5 miles EZ	45 - 50 Minutes XT	Rest	12 Miles (A) 4/1 (B) 5/1 LSD

By: Coach Brendan Cournane

Coach@CoachBrendan.com

www.CoachBrendan.com

2024 BMW Berlin Marathon

TRAINING PROGRAM #4

(Run-Walk)

<u>Week Number</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	<u>15-Sep</u>	<u>16-Sep</u>	<u>17-Sep</u>	<u>18-Sep</u>	<u>19-Sep</u>	<u>20-Sep</u>	<u>21-Sep</u>
18	Rest	(A) 50 mins @ 4/1 (B) 60 mins @ 5/1 6 miles EZ	45 - 50 Minutes XT	(A) 50 mins @ 4/1 (B) 60 mins @ 5/1 6 miles EZ	45 - 50 Minutes XT	Rest	6 Miles (A) 4/1 (B) 5/1 LSD
	<u>22-Sep</u>	<u>23-Sep</u>	<u>24-Sep</u>	<u>25-Sep</u>	<u>26-Sep</u>	<u>27-Sep</u>	<u>28-Sep</u>
19	A) 30 mins @ 4/1 (B) 35 mins @ 5/1 4 miles EZ	(A) 30 mins @ 4/2 (B) 35 mins @ 5/2 4 miles EZ	Rest	(A) 30 mins @ 4/2 (B) 35 mins @ 5/2 4 miles EZ	Rest	Rest	*(A) 30 mins @ 4/2 *(B) 35 mins @ 5/2 3 miles LSD *Optional Workout
	<u>29-Sep</u>	<u>30-Sep</u>	<u>1-Oct</u>	<u>2-Oct</u>	<u>3-Oct</u>	<u>4-Oct</u>	<u>5-Oct</u>
20	<u>26.2 Miles</u> <u>RACE DAY!</u> (A) 4/2 (B) 5/2	Rest	Rest	(A) 30 mins @ 4/2 (B) 35 mins @ 5/2 4 miles EZ	40 min XT	Rest	(A) 50 mins @ 4/1 (B) 60 mins @ 5/1 6 miles EZ

By: Coach Brendan Cournane

Coach@CoachBrendan.com

www.CoachBrendan.com

TRAINING LOG TEMPLATE

WEEK _____

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday