

Coach Brendan Running

Schedule #5 - Intermediate run-walk

Please visit your physician for an examination before starting an exercise program.

This training schedule is designed for athletes who have been involved in periodic, but not consistent athletic endeavors for at least the previous six months. If you are beginning an exercise program please visit your physician for an examination before starting an exercise program. Recommended requirements to follow this training program: average weekly mileage is less than 20 miles per week and/or you unable run longer than 4 miles continuously and consistently.

The goal of those athletes following either of these training programs is to complete a marathon using a run-walk Strategy.

*Intervals noted as running time/walking time. Example - 5/1 means 5 minutes running, 1 minute walking.

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.

Hills: Running over a course with intermittent hills or hill repeats. If running hill repeats, the hill should have a moderate slope and extend for 200 - 400 meters. Run up the hill, focusing on the same leg turnover, but with shorter strides. After cresting the hill, relax and run down the hill with easy strides. Recover between each hill repeat. Mileage indicated is total distance of workout, including mileage for warmup and cooldown. If hills are unavailable, run on a treadmill with an incline of 3 - 5 % grade. Intersperse hill repeats with recovery.

[illegible]

TRAINING PROGRAM #5
(Intermediate Run-Walk)

<u>Week</u> <u>Number</u>	<u>Sunday</u> (Rest)	<u>Monday</u> (Easy)	<u>Tuesday</u> (Easy or Speed)	<u>Wednesday</u> (Cross Train-XT)	<u>Thursday</u> (Easy)	<u>Friday</u> (Rest)	<u>Saturday</u> (Long-LSD)	
	<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	4 Miles (5/1) EZ	4 Miles EZ (5/1)	30 - 40 Minutes XT	4 Miles EZ (5/1)	Rest	5 Miles (5/1) 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	4 Miles (5/1) EZ	5 Miles EZ (5/1)	30 - 40 Minutes XT	4 Miles EZ (5/1)	Rest	6 Miles (5/1) 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	4 Miles (5/1) EZ	5 Miles EZ (5/1)	30 - 40 Minutes XT	4 Miles EZ (5/1)	Rest	8 Miles (5/1) LSD	

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<u>Week</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	
	<u>9-Jun</u>	<u>10-Jun</u>	<u>11-Jun</u>	<u>12-Jun</u>	<u>13-Jun</u>	<u>14-Jun</u>	<u>15-Jun</u>	
4	Rest	4 Miles (5/1) EZ	5 Miles (5/1) EZ	45 - 50 Minutes XT	4 Miles EZ (5/1)	Rest	10 Miles (5/1) LSD	
	<u>16-Jun</u>	<u>17-Jun</u>	<u>18-Jun</u>	<u>19-Jun</u>	<u>20-Jun</u>	<u>21-Jun</u>	<u>22-Jun</u>	
5	Rest	5 Miles (5/1) EZ	6 Miles Fartlek OR 30 Minutes - Hills if available	45 - 50 Minutes XT	6 Miles EZ (5/1)	Rest	6 Miles (5/1) LSD	
	<u>23-Jun</u>	<u>24-Jun</u>	<u>25-Jun</u>	<u>26-Jun</u>	<u>27-Jun</u>	<u>28-Jun</u>	<u>29-Jun</u>	
6	Rest	6 Miles (5/1) EZ	6 Miles (5/1) EZ	45 - 50 Minutes XT	5 Miles EZ (5/1)	Rest	11 Miles (5/1) LSD	
	<u>30-Jun</u>	<u>1-Jul</u>	<u>2-Jul</u>	<u>3-Jul</u>	<u>4-Jul</u>	<u>5-Jul</u>	<u>6-Jul</u>	
7	Rest	6 Miles (5/1) EZ	6 Miles (5/1) EZ	45 - 50 Minutes XT	5 Miles EZ (5/1)	Rest	12 Miles (5/1) LSD	

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<u>Week</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	
	<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	5 Miles (5/1) EZ	5 Miles (5/1) Tempo	45 - 50 Minutes XT	4 Miles EZ (5/1)	Rest	14 Miles (5/1) 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	6 Miles (5/1) EZ	6 Miles Tempo OR 35 Minute - Hills if available	45 - 50 Minutes XT	5 Miles EZ (5/1)	Rest	10 Miles (5/1) 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	5 Miles (5/1) EZ	6 Miles (5/1) Negative Split	45 - 50 Minutes XT	4 Miles EZ (5/1)	Rest	15 Miles (5/1) 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>	
11	Rest	5 Miles (5/1) EZ	5 Miles (5/1) Tempo	60 Minutes XT	5 Miles EZ (5/1)	Rest	12 Miles (5/1) LSD	

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<u>Week</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	
	<u>4-Aug</u>	<u>5-Aug</u>	<u>6-Aug</u>	<u>7-Aug</u>	<u>8-Aug</u>	<u>9-Aug</u>	<u>10-Aug</u>	
12	Rest	4 Miles	6 Miles	60	4 Miles	Rest	16 Miles	
		(5/1)	(5/1)	Minutes	EZ		(5/1)	
		EZ	Negative Split	XT	(5/1)		LSD	
	<u>11-Aug</u>	<u>12-Aug</u>	<u>13-Aug</u>	<u>14-Aug</u>	<u>15-Aug</u>	<u>16-Aug</u>	<u>17-Aug</u>	
13	Rest	5 Miles	7 Miles	45 - 50	5 Miles	Rest	12 Miles	
		(5/1)	(5/1)	Minutes	EZ		(5/1)	
		EZ	Tempo	XT	(5/1)		LSD	
	<u>18-Aug</u>	<u>19-Aug</u>	<u>20-Aug</u>	<u>21-Aug</u>	<u>22-Aug</u>	<u>23-Aug</u>	<u>24-Aug</u>	
14	Rest	5 Miles	5 Miles	45 - 50	4 Miles	Rest	18 Miles	
		(5/1)	(5/1)	Minutes	EZ		(5/1)	
		EZ	Tempo	XT	(5/1)		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	5 Miles	5 Miles	45 - 50	4 Miles	Rest	13 Miles	
		(5/1)	(5/1)	Minutes	EZ		(5/1)	
		EZ	Tempo	XT	(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	5 Miles	5 Miles	45 - 50	4 Miles	Rest	20 Miles	
		(5/1)	(5/1)	Minutes	EZ		(5/1)	

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<u>Week</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	
		EZ	MP	XT	(5/1)		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	5 Miles (5/1) EZ	7 Miles (5/1) EZ	45 - 50 Minutes XT	4 Miles EZ (5/1)	Rest	12 Miles (5/1) LSD	
	<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	4 Miles (5/1) EZ	6 Miles (5/1) MP	45 - 50 Minutes XT	4 Miles MP (5/1)	Rest	6 Miles (5/1) MP	
	<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	4 Miles (5/1) MP	4 Miles (5/1) MP	Rest	4 Miles (5/1) MP	Rest	Rest	*Lesser of 3 Miles OR 25 Minutes at MP (5/1) *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> (5/1)	Rest	Rest	Lesser of 4 Miles OR (5/1) 30 Minutes EZ	40 Minutes XT	Rest	6 Miles (5/1) EZ	

<u>Week</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	

