

Coach Brendan Running

Schedule #6 - Advanced run-walk

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

This training schedule is designed for those runners who have been running or run-walking regularly (3-4 days a week) for at least six months and who wish to follow a run-walk Training Schedule.

Recommended Requirements to follow this training program: you have run at least two half marathons or one marathon in the last 2 years, your average weekly mileage has been at least 20 - 25 miles per week and you are able to run at least 5 miles continuously and comfortably.

The goal for this program is to complete a marathon and improve finish time using a run-walk strategy.

***If race pace is faster than 10:30 per mile, workouts on Tuesday and Saturday are performed by walking 1 minute per mile.**

***If race pace is 10:30 per mile or slower, workouts on Tuesday and Saturday are performed by running 10 minutes, walking 1 minute.**

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.

LSD: Long Slow Distance Run, pace is 45 seconds - 1 minute per mile slower than projected marathon pace. Conversational pace.

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: 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.

Tempo: Quicker paced run, able to hold for a hour, estimate running at 15 seconds per mile slower than 10K pace.

Track: Workout best performed on a quarter mile (400 Meters) track; workout measured in meters run and mileage approximated. Interval pace @ 5K

wu & cd: warm up and cool down (start and end of designated runs).

[illegible]

<u>Week Number</u>	<u>Sunday</u> (Rest)	<u>Monday</u> (Easy)	<u>Tuesday</u> (Speed or Strength)	<u>Wednesday</u> (Cross Train)	<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 EZ 10/1*	4 Miles EZ 10/1*	30 - 40 Minutes XT	4 Miles EZ 10/1*	Rest	6 Miles LSD 10/1*
	<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 EZ 10/1*	5 Miles EZ 10/1*	30 - 40 Minutes XT	4 Miles EZ 10/1*	Rest	7 Miles LSD 10/1*
	<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 EZ 10/1*	5 Miles EZ 10/1*	30 - 40 Minutes XT	5 Miles EZ 10/1*	Rest	9 Miles LSD 10/1*
	<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 EZ 10/1*	5 Miles Fartlek 10/1*	30 - 40 Minutes XT	5 Miles EZ 10/1*	Rest	11 Miles LSD 10/1*
	<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 EZ	6 Miles Fartlek OR	45 - 50 Minutes	6 Miles EZ	Rest	7 Miles LSD

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		10/1*	30 Minutes - Hills (if available)	XT	10/1*		10/1*
	<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	6 Miles	45 - 50	6 Miles	Rest	13 Miles
		EZ	Tempo	Minutes	EZ		LSD
		10/1*	10/1*	XT	10/1*		10/1*
	<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	6 Miles	60	6 Miles	Rest	15 Miles
		EZ	Tempo	Minutes	EZ		LSD
		10/1*	10/1*	XT	10/1*		10/1*

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(Advanced Run-Walk)

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	<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 EZ 10/1*	4 x 800 meter 3 x 400 recovery 1 Mile WU & CD 5 Miles	60 Minutes XT	5 Miles EZ	Rest	16 Miles LSD 10/1*
	<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 EZ 10/1*	6 Miles Tempo OR 35 Minute - Hills (if available) 10/1*	60 Minutes XT	7 Miles EZ	Rest	12 Miles LSD 10/1*
	<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 EZ 10/1*	6 Miles Negative Split 10/1*	45 - 50 Minutes XT	4 Miles Tempo	Rest	18 Miles LSD 10/1*
	<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	6 Miles EZ 10/1*	6 x 800 meter 5 x 400 recovery 1.5 Mile WU & CD 7.5 Miles Track	60 Minutes XT	6 Miles Tempo	Rest	13 Miles LSD 10/1*

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2024 BMW Berlin Marathon

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<u>Week Number</u>	<u>Sunday</u> <u>25-Aug</u>	<u>Monday</u> <u>26-Aug</u>	<u>Tuesday</u> <u>27-Aug</u>	<u>Wednesday</u> <u>28-Aug</u>	<u>Thursday</u> <u>29-Aug</u>	<u>Friday</u> <u>30-Aug</u>	<u>Saturday</u> <u>31-Aug</u>
15	Rest	6 Miles EZ 10/1*	5 Miles Tempo 10/1*	45 - 50 Minutes XT	6 Miles EZ 10/1*	Rest	13 Miles LSD 10/1*
16	Rest	6 Miles EZ 10/1*	3 x 1600 Meters (MP) 2 x 800 Recovery (EZ) 1 Mile WU & CD 6 Miles Track	45 - 50 Minutes XT	7 Miles EZ 10/1*	Rest	20 Miles LSD 10/1*
17	Rest	6 Miles EZ 10/1*	7 Miles Negative Split 10/1*	45 - 50 Minutes XT	6 Miles EZ 10/1*	Rest	12 Miles 1 - 5 @ LSD 6 - 11 @ MP 12 @ LSD 10/1*
18	Rest	5 Miles EZ	8 x 800 Meters 2 minute recovery	45 - 50 Minutes	6 Miles MP	Rest	8 Miles 1 - 2 @ LSD

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		10/1*	1.0 Mile WU & CD	XT	10/1*		3 - 7 @ MP
			8 Miles				8 @ LSD
			Track				10/1*
	<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	4 Miles	Rest	1 x 4800 Meters	Rest	Rest	*Lesser of 3 Miles OR
	MP	MP		MP			25 Minutes
		10/1*		.5 Mile WU & CD			at MP
				4 Miles			*Optional Workout
				Track			
	<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>	Rest	Rest	4 Miles OR	40	Rest	8 Miles
	<u>RACE DAY!</u>			40 Minutes EZ	Minutes XT		LSD
	10/1*						10/1*

TRAINING LOG TEMPLATE

WEEK _____

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday