

HANSONS RUNNING SHOP



MARATHON TRAINING SCHEDULE BEGINNER

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
wk 18				OFF	3	OFF	3
wk 17	4	OFF	2	OFF	3	3	3
wk 16	4	OFF	4	OFF	4	4	4
wk 15	5	OFF	5	OFF	3	3	5
wk 14	5	OFF	5	OFF	4	5	4
wk 13	6	4	SPEED	OFF	TEMPO- 5	4	8
wk 12	8	4	SPEED	OFF	TEMPO- 5	4	6
wk 11	10	6	SPEED	OFF	TEMPO- 5	5	6
wk 10	10	5	SPEED	OFF	TEMPO- 8	6	5
wk 9	15	7	SPEED	OFF	TEMPO- 8	5	8
wk 8	10	5	STRENGTH	OFF	TEMPO- 8	6	8
wk 7	16	5	STRENGTH	OFF	TEMPO- 9	5	8
wk 6	10	7	STRENGTH	OFF	TEMPO- 9	6	6
wk 5	16	5	STRENGTH	OFF	TEMPO- 9	5	8
wk 4	10	7	STRENGTH	OFF	TEMPO- 10	6	6
wk 3	16	5	STRENGTH	OFF	TEMPO- 10	5	8
wk 2	10	7	STRENGTH	OFF	TEMPO- 10	6	6
wk 1	8	5	5	OFF	6	5	3
wk 0	DETROIT FLAGSTAR MARATHON - GOOD LUCK						

SPEED AND STRENGTH WORKOUTS ARE DONE AS GROUP AT DODGE PARK IN STERLINGS HTS ON TUESDAYS AT 6:30 PM. SPEED WORKOUTS SHOULD BE DONE AT CURRENT 5K PACE. STRENGTH WORKOUTS SHOULD BE DONE AT 10 SECONDS PER MILE FASTER THAN MARATHON GOAL PACE.

TEMPO RUNS ARE DONE AT HANSONS ROYAL OAK STORE ON THURSDAYS AT 6:30 PM. TEMPO RUNS SHOULD BE RUN AT MARATHON GOAL PACE.