2015 Buffalo Marathon Training Program

*INTERMEDIATE LEVEL*

Suggested starting base mileage = 25-30 miles/week

Suggested peak mileage = 50 + miles/week

The INTERMEDIATE TRAINING SCHEDULE is designed for the runner that has an underlying base fitness level of 25 – 30 miles of running per week at the start of the 18-week training program. It also assumes that the runner has already built up to a minimum of 8 miles as a long run. This is not recommended for a novice runner. You can be a first time marathoner, but it is strongly recommended that you have already completed at least 1 – 2 half marathons. Most in this training group will reach a peak training miles of 50+ miles per week. This program will have 2 quality days each week with a quality workout on Tuesday, and a long run on Saturday. There is an option fartlek run on Thursdays in the first 6-weeks of the training program. There are 2 recommended recovery days: Wednesday can be a short run, easy aerobic cross training, or full rest day. Sunday is recommended as a rest day. An additional cross training day can be on Friday, however for most 5 days of running per week is recommended.

Key Terms:

STRIDES: short faster runs with jogging between. For example, 5 x 75m strides would be performed by running about 75m quick (NOT sprinting, more like mile race pace) and jogging back slowly 75m, and then repeat. The purpose of strides is to finish your run with a faster/lighter/quicker turnover. Focus should be on form with a good, relaxed knee lift, light forefoot landing, and quick push-off. You’ll end your run on a positive note when finishing with strides. Strides can also be done in the middle of a run if you find that you are feeling a little sluggish – it may help to perk up the legs.

FARTLEK RUNS: informal workouts that can be run on the road or trails. You will run these as written with the given amount of time at a faster pace/effort. For example, if the workout is a 40minute run with 6 x 1min pickups (5k effort) w/1min easy, you should run easy for 10minutes or so, and then run faster for 1minute (about 5k race effort) and then slower for 1minute and repeat that 5 more times. Then continue to jog easy until you reach 40minutes.

INTERVAL RUNS: faster paced repeats that correspond to current 3k to 5k race pace. Distances and recovery time are specified for each workout. This would be defined as your standard “VO2max” workout. Use pace calculator to determine your training pace.

TEMPO RUNS: run about 25seconds per mile slower than current 5k race pace per mile. Tempo runs are NOT be all out efforts. Rather, you should feel *controlled over the first few miles, and towards the end you should begin to feel some fatigue,* but not like that of a hard 5k race. These are designed to improve endurance, improve mental focus, and pacing. Use pace calculator to determine your training pace.

Marathon Pace (MP): goal marathon pace. MP running is built into your long runs on designated days. MP runs are preceded and concluded with 1 mile of easy paced running. For example, if you are scheduled for 12 miles with 10 miles at MP pace, will run 1 mile easy directly into 10 mile @ MP directly into 1 mile easy Cooldown.. Practice hydration & fueling along the way WITHOUT STOPPING. Learn to drink as you run. Use pace calculator to determine your training pace.

DISTANCE/LONG RUNS: Runs completed at your designated easy distance running pace. Hold back to your true pace. Patience will pay off! Use pace calculator to determine your training pace.

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| Week | Monday | Tuesday  WORKOUT  TRACK DAY | Wednesday  RECOVERY | Thursday | Friday | Saturday  PREFERRED  LONG RUN DAY | Sunday  RECOVERY |
| Week 18  70% | Distance Run  30minutes  + 6 x 75m strides | Intervals  Warmup (WU) 1 mile easy running  10-12 x 400m @ Interval pace w/60sec rest  Cooldown (CD) 1 mile easy running | OFF  OR  Aerobic Cross training 30 – 40minutes  Or  Easy 30minute run | Distance Run of 40miminutes  OR  Light Fartlek: 40min run w/6 x 1min pickups (5k effort) w/1min jogs | Easy Distance Run  30 – 40minutes  Or OFF day  Or Cross Training | Moderate Long Run:  8 - 10 miles EASY paced (if you already have a base of 10+mi for long runs, you can run up to 12 miles) | OFF  Rest Day |
| Week 17  75% | Distance Run  30minutes  + 6 x 75m strides | Tempo:  4-5 x 1200m @ TEMPO w/1min rest  WU 1-2 miles, CD 1-2 miles easy running | OFF  OR  Aerobic Cross training 30 – 40minutes  Or  Easy 30minute run | Distance Run of 40miminutes  OR  Light Fartlek:  40minute run 3 x 3min hard (5k effort) w/2min easy jogs | Easy Distance Run  30 – 40minutes  Or OFF day  Or Cross Training | Moderate Long Run 9 – 11 miles  if you already had a good base of distance runs, then you can run up to 12 miles | OFF  Rest Day |
| Week 16  70% | Distance Run  30minutes  + 6 x 75m strides | TEMPO RUN:  5 x 1000m @ Tempo w/60sec rest between. WU 2 miles, CD 2 miles  Total 7-8 miles | OFF  OR  Aerobic Cross training 30 – 40minutes  Or  Easy 30minute run | Distance Run of 40miminutes  OR  Light Fartlek:  40minute run 10 x 1min hard (5k effort) w/1min easy jogs | Easy Distance Run  30 – 40minutes  Or OFF day  Or Cross Training | LONG RUN:  13 -14 miles EASY PACED run, Easy and even. Hydrate at regular intervals. | OFF  Rest Day |
| Week 15  80% | Distance Run  30minutes  + 6 x 75m strides | Interval Mix:  7 x 800m @ Int. w/400m jog  WU 2 miles, Cooldown 2 miles  Total 8-9 miles | OFF  OR  Aerobic Cross training 30 – 40minutes  Or  Easy 30minute run | Distance Run 40-50minutes  OR  Light Fartlek Run: 40-50minutes with 4 x4min @ Tempo effort | Easy Distance Run  30 – 40minutes  Or OFF day  Or Cross Training | MP Paced Run:  14 miles with 12 miles at goal MP pace  PACE.  NOTE: for some, your Goal MP pace is the same as your LONG pace, in that case, do NOT increase pace any faster than your goal pace!!! | OFF  Rest Day |
| Week 14  85% | Distance Run  30minutes  + 6 x 75m strides | TEMPO RUN:  WU 1-2 miles. Then run 2 miles at Tempo pace, take 2min rest, then run 1 more mile at Tempo pace. CD 1-2 miles. Total 6-8 miles for the day | OFF  OR  Aerobic Cross training 30 – 40minutes  Or  Easy 30minute run | Distance Run of 40miminutes  OR  Light Fartlek:  40minute run 5 x 2min hard (5k effort) w/2min easy jogs | Easy Distance Run  30 – 40minutes  Or OFF day  Or Cross Training | LONG RUN:  14 miles at even controlled pace, and hold back in the early miles. If feeling strong, pick up the pace to your GOAL MP pace for the last 6 miles. | OFF  Rest Day |
| Week 13  85% | Distance Run  30minutes  + 6 x 75m strides | TEMPO:  5-6 x 1000m @ TEMPO w/1min rest between  WU 2 miles, Cooldown 2 miles  Total 7-8 miles | OFF  OR  Aerobic Cross training 30 – 40minutes  Or  Easy 30minute run | Distance Run  40 – 50minutes  OR  Light Fartlek Run:  40-50minutes with 4 x 3min hard (5k effort) w/2-3min easy jogs | Easy Distance Run  30 – 40minutes  Or OFF day  Or Cross Training | LONG RUN:  15 miles EASY PACED run, Easy and even. Hydrate at regular intervals. | OFF  Rest Day |
| Week 12  90% | Distance Run  30 – 45minutes  + 6 x 75m strides | Tempo:  3 – 4 x 1 mile @ Tempo w/1min jogs between.  WU 2 miles, CD 2 miles | OFF  OR  Aerobic Cross training 30 – 40minutes  Or  Easy 30minute run | Distance Run  40 – 60minutes + 6 x 100m strides | Easy Distance Run  50 – 60minutes  Or OFF day  Or Cross Training | MP Paced Run:  15 miles with 13 miles at goal MP pace | OFF  Rest Day |
| Week 11  80% | Distance Run  35 – 45minutes  + 6 x 75m strides | TEMPO:  2 x 16minutes @ TEMPO (or 2 x 2miles @ TEMPO) with 2-3min rest between – Drink btw the 2miles!  WU 2 miles, Cooldown two miles | OFF  OR  Aerobic Cross training 30 – 40minutes  Or  Easy 30minute run | Distance Run  40 – 60minutes + 6 x 100m strides | Easy Distance Run  50 – 60minutes  Or OFF day  Or Cross Training | LONG RUN:  16 miles at even controlled pace, and hold back in the early miles. If feeling strong, pick up the pace to your GOAL MP pace for the last 6 miles. | OFF  Rest Day |
| Week 10  100% | Distance Run  40 – 50minutes  + 6 x 75m strides | Intervals:  8 - 10 x 600m @ Interval pace w/slow 200m jogs  WU 2 miles, CD 2 miles | OFF  OR  Aerobic Cross training 30 – 40minutes  Or  Easy 30minute run | Distance Run  40 – 60minutes + 6 x 100m strides | Easy Distance Run  50 – 60minutes  Or OFF day  Or Cross Training | LONG RUN  18 – 20 miles  OR max of 3:15 - 3:30 (whichever you reach first…20 miles or 3:30) running time done at your long run pace. Hydrate and fuel at regular intervals | OFF  Rest Day |
| Week 9  85% | Distance Run  35 – 45minutes  + 6 x 75m strides | TEMPO Plus  2 mile WU, then 3 mile continuous @ TEMPO PACE, then 10minutes easy jogging, then 1mile @ Tempo w/1min rest. CD 2 miles | OFF  OR  Aerobic Cross training 30 – 40minutes  Or  Easy 30minute run | Distance Run  40 – 60minutes + 6 x 100m strides | Easy Distance Run  50 – 60minutes  Or OFF day  Or Cross Training | MP Paced Run:  15 miles with 13 miles at goal MP pace | OFF  Rest Day |
| Week 8  90% | Distance Run  40 – 50minutes  + 6 x 75m strides | TEMPO:  7-8 x 1000m @ Tempo w/60sec rest between  2 mile WU and 2 mile CD | OFF  OR  Aerobic Cross training 30 – 40minutes  Or  Easy 30minute run | Distance Run  40 – 60minutes + 6 x 100m strides | Easy Distance Run  50 – 60minutes  Or OFF day  Or Cross Training | LONG RUN:  16 miles at even controlled pace, and hold back in the early miles. If feeling strong, pick up the pace to your GOAL MP pace for the last 6 miles. | OFF  Rest Day |
| Week 7  100% | Distance Run  40 – 50minutes  + 6 x 75m strides | TEMPO Plus  5 miles at EASY pace, then 4 x 1600m @ TEMPO w/1min rest, Then 2 miles EASY CD | OFF  OR  Aerobic Cross training 30 – 40minutes  Or  Easy 30minute run | Distance Run  40 – 60minutes + 6 x 100m strides | Easy Distance Run  50 – 60minutes  Or OFF day  Or Cross Training | LONG RUN  18 – 20 miles  OR max of 3:15 - 3:30 (whichever you reach first…20 miles or 3:30) running time done at your long run pace. Hydrate and fuel at regular intervals | OFF  Rest Day |
| Week 6    90% | Distance Run  40 – 50minutes  + 6 x 75m strides | Tempo:  4 x 2000m @ T w/2:00 recovery jogs  Total 8 miles with jogging WU of 1-2 miles, and CD of 1-2 miles | OFF  OR  Aerobic Cross training 30 – 40minutes  Or  Easy 30minute run | Distance Run  40 – 50minutes + 6 x 100m strides | Easy Distance Run  50 – 60minutes  Or OFF day  Or Cross Training | MP Run:  16 miles total with 13 – 14 miles @ goal MP pace (make the 1st mile easy and the last mile easy, and then 13 in the middle at MP) | OFF  Rest Day |
| Week 5  100% | Distance Run  40 – 50minutes  + 6 x 75m strides | Tempo  WU 1-2 miles.  2 x 2miles @ Tempo pace w/2min rest,  THEN 3 MILES EASY (this is a “long” cool-down)  Total 8 miles | OFF  OR  Aerobic Cross training 30 – 40minutes  Or  Easy 30minute run | Distance Run  40 – 60minutes + 6 x 100m strides | Easy Distance Run  50 – 60minutes  Or OFF day  Or Cross Training | LONG RUN 15 miles at your long run pace. If feeling strong, you may pick up the pace over the last 5miles to your GOAL MP Pace (not faster) Hydrate and fuel with PowerGel at regular intervals. | OFF  Rest Day |
| Week 4  90 % | Distance Run  40 – 50minutes  + 6 x 75m strides | TEMPO:  7-8 x 1000m @ Tempo w/1min rest between each. WU 2 miles, CD 1-2 miles  Total 8 miles | OFF  OR  Aerobic Cross training 30 – 40minutes  Or  Easy 30minute run | Distance Run  40 – 50minutes + 6 x 100m strides | Easy Distance Run  50 – 60minutes  Or OFF day  Or Cross Training | LONG RUN  18 – 20 miles  OR max of 3:15 - 3:30 (whichever you reach first…20 miles or 3:30) running time done at your long run pace. Hydrate and fuel at regular intervals | OFF  Rest Day |
| Week 3  90% | Distance Run  40 – 50minutes  + 6 x 75m strides | TEMPO:  3 mile continuous Tempo Run, 3min rest, Then 1 mile @ Tempo.  WU 2 miles, CD 2 miles  Total 7 miles | OFF  OR  Aerobic Cross training 30 – 40minutes  Or  Easy 30minute run | Distance Run  40minutes + 6 x 100m strides | Easy Distance Run  50 – 60minutes  Or OFF day  Or Cross Training | MP RUN: 14 miles with 12 miles @ GOAL MP pace. Hydrate and fuel with PowerGel at Regular intervals | OFF  Rest Day |
| Week 2 | Distance Run  30 – 40minutes  + 6 x 75m strides | TEMPO:  4 x 1000m @ TEMPO w/1min rest WU 1 mile, CD 1 mile | OFF  OR  Aerobic Cross training 30minutes  Or  Easy 30minute run | Distance Run  40minutes + 6 x 100m strides | Easy Distance Run  30 – 40minutes  Or OFF day  Or Cross Training | Shorter Long Run  10 – 11 miles, relaxed. Hydrate and fuel when done. | OFF  Rest Day |
| Week 1 | Easy run 3 miles | MP Prep:  3 x 1mile @ goal MP pace with 2min rest. Critical – do NOT go faster than your MP Pace! This will feel “Easy”!! | OFF  Rest Day | Distance Run  30minutes | OFF  Rest day | Beishline Memorial 5k Run for your shake-out run the day before the marathon! | MARATHON RACE DAY!!!!  Bring it on! |