

2017 Buffalo Marathon Training Program

BEGINNER LEVEL

Suggested starting base mileage at Week #18 = 10 + miles/week
 Assumes a base ability of completing a 2 – 3mile run
 Suggested peak mileage = 30 + miles/week

The BEGINNER TRAINING SCHEDULE is recommended for the novice level runner, or beginning marathoner who is looking to build conservatively to the 26.2-mile distance. Usually goal times will be near or over 4:30 – 5:30+.

- A base fitness level of being able to run 3 miles continuous is strongly encouraged BEFORE starting the 18-week training program.
 - There is a Three Week Base Prep cycle built in to help you get ready
- The goal for this training program is to get the runner to the finish line healthy. There is not a focus on finishing time or speed work in this training program.
- In this schedule, most will reach a peak mileage of 30 miles per week or a little more. Two to three rest days should be incorporated (Wednesday and Friday are optional run/cross training days and listed as “Recovery Day”, and Sunday is recommended as a full rest day). Three – four days of running will be required each week. Faster interval workouts are not performed in this training schedule.
- Definition of Terms:
 - Run Day: Run the specified length of the run at a conservative, yet consistent pace
 - Aerobic Cross Training: bike, spin class, swim, elliptical, or other non-impact aerobic exercise. Length should be 30 – 40minutes.
 - Recovery Day: this can be aerobic cross training such as bike, elliptical, or swimming OR a short easy run. The length of cross training should be 30 – 40minutes. Length of run can be between 1 – 3 miles
- There are two primary focus days each week: Tuesdays and Saturdays.
 - Tuesday runs (after the first few weeks) begin to get longer. These are endurance runs are meant to be even paced continuous runs. As the runs get longer, 1-minute walking breaks (as described below) may be incorporated.
 - Saturday long runs are designed to gradually increase your endurance throughout the 18-week training cycle. These runs should be done with the following approach: repeat cycles of run 9 minutes, 1 walk minute. By establishing this cycle (9 run, 1 walk) at the start of your training, your body will have the time to adjust and adapted to the increasing volume. It is recommended that you start this cycle (9 run, 1 walk) from the very beginning of your Saturday sessions. Do not wait until you are fatigued to take a walking break as your walking break will then extend longer than 1 minute. If needed, this cycle can be adjusted to a cycle of 8minutes running, 2mins walking. The two important keys are to KEEP MOVING (do not stop!), and to be consistent with your run/walk cycle throughout your training.

Week	Total Miles/ week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-2-17 Base prep Week 3	6 miles	AEROBIC CROSS TRAINING 30-40minutes OR 1 mile Run	Run: 1 mile Run	Recovery Day	Run: 1 mile Run	Recovery Day	Medium Length Run: Run 9 minutes, walk briskly 1min, continue cycle through 5 miles. Do not stop!	OFF Rest Day

1-9-17 Base prep Week 2	6-7 miles	AEROBIC CROSS TRAINING 30 – 40minutes OR 1 mile Run	Run: 1.5 mile Run	Recovery Day	Run: 1.5 mile Run	Recovery Day	Medium length Run: 3 miles Run 9 minutes, walk briskly 1min, continue cycle through 5 miles. Do not stop!	OFF Rest Day
1-16-17 Base prep Week 1	7-9 miles	AEROBIC CROSS TRAINING 30- 40minutes OR 1.5 mile Run	Run: 2 mile Run	Recovery day	Run: 1.5 mile Run	Recovery Day	Medium Length Run: 4 miles: Run 9 minutes, walk briskly 1min, continue cycle through 5 miles. Do not stop!	OFF Rest Day
1-23-17 Week 18	11-14 miles	AEROBIC CROSS TRAINING 30 – 40minutes OR 2-3-mile Run	Run: 3 miles	Recovery Day	Run: 3 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	LONG RUN DAY 5 miles: Run 9 minutes, walk briskly 1min, continue cycle through 5 miles. Do not stop!	OFF Rest Day
1-30-17 Week 17	12.5- 15.5 miles	AEROBIC CROSS TRAINING 30 – 40minutes OR 2-3-mile Run	Run: 3 miles	Recovery Day	Run: 3 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	LONG RUN DAY 6.5 miles: Run 9 minutes, walk briskly 1min, continue cycle through 6.5 miles. Do not stop!	OFF Rest Day
2-6-17 Week 16	14-17 miles	AEROBIC CROSS TRAINING 30 – 40minutes OR 2-3-mile Run	Run: 3 miles	Recovery Day	Run: 3 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	LONG RUN DAY 8 miles: Run 9 minutes, walk briskly 1min, continue cycle through 8 miles. Do not stop! Hydrate every 30minutes with 2- 4oz of fluid	OFF Rest Day

2-13-17 Week 15	16.5- 19.5 miles	AEROBIC CROSS TRAINING 30 – 40minutes OR 2-3-mile Run	Run: 4 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	Run: 3 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	LONG RUN DAY 9.5 miles: Run 9 minutes, walk briskly 1min, continue cycle through 9.5 miles. Do not stop! Hydrate every 30minutes with 4oz of fluid	OFF Rest Day
2-20-17 Week 14	18 – 21 miles	AEROBIC CROSS TRAINING 30 – 40minutes OR 2-3-mile Run	Run: 4 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	Run: 3 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	LONG RUN DAY 11 miles: Run 9 minutes, walk briskly 1min, continue cycle through 11 miles. Do not stop! Hydrate every 30minutes with 4oz of fluid	OFF Rest Day
2-27-17 Week 13	20-23 miles	AEROBIC CROSS TRAINING 30 – 40minutes OR 2-3-mile Run	Run: 4 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	Run: 3 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	LONG RUN DAY 13 miles: Run 9 minutes, walk briskly 1min, continue cycle through 13 miles. Do not stop! Hydrate every 30minutes, Fuel with PowerGel every 60minutes	OFF Rest Day
3-6-17 Week 12	23.5 – 26.5 miles	3-mile Run OR AEROBIC CROSS TRAINING 30 – 40minutes	Run: 5 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	Run: 4 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	LONG RUN DAY 14.5 miles: Run 9 minutes, walk briskly 1min, continue cycle through 14.5 miles. Do not stop! Hydrate every 30minutes, Fuel with PowerGel every 60minutes	OFF Rest Day

3-13-17 Week 11	24 – 27 miles	3-mile Run OR AEROBIC CROSS TRAINING 30 – 40minutes	Run: 5 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	Run: 3 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	LONG RUN DAY 16 miles: Run 9 minutes, walk briskly 1min, continue cycle through 16 miles. Do not stop! Hydrate every 30minutes, Fuel with PowerGel every 60minutes	OFF Rest Day
3-20-17 Week 10	30.5 – 33.5 miles	3-mile Run OR AEROBIC CROSS TRAINING 30 – 40minutes	Run: 7 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	Run: 5 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	LONG RUN DAY 17.5 miles: Run 9 minutes, walk briskly 1min, continue cycle through 17.5 miles. Do not stop! Hydrate every 30minutes, Fuel with PowerGel every 60minutes	OFF Rest Day
3-27-17 Week 9	24 – 27 miles	3-mile Run OR AEROBIC CROSS TRAINING 30 – 40minutes	Run: 7 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	Run: 3 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	LONG RUN DAY 14 miles: Run 9 minutes, walk briskly 1min, continue cycle through 14 miles. Do not stop! Hydrate every 30minutes, Fuel with PowerGel every 60minutes	OFF Rest Day

4-3-17 Week 8	30 – 34 miles	3-mile Run OR AEROBIC CROSS TRAINING 30 – 40minutes	Run: 7 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	Run: 5 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	LONG RUN DAY 18-19 miles: Run 9 minutes, walk briskly 1min, continue cycle through 18-19 miles. Do not stop! Hydrate every 30minutes, Fuel with PowerGel every 60minutes	OFF Rest Day
4-10-17 Week 7	27 – 30 miles	3-mile Run OR AEROBIC CROSS TRAINING 30 – 40minutes	Run: 7 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	Run: 6 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	LONG RUN DAY 14 miles: Run 9 minutes, walk briskly 1min, continue cycle through 14 miles. Do not stop! Hydrate every 30minutes, Fuel with PowerGel every 60minutes	OFF Rest Day
4-17-17 Week 6	30 – 33 miles	3-mile Run OR AEROBIC CROSS TRAINING 30 – 40minutes	Run: 6 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	Run: 4 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	LONG RUN DAY 20 miles: Run 9 minutes, walk briskly 1min, continue cycle through 20 miles. Do not stop! Hydrate every 30minutes, Fuel with PowerGel every 60minutes	OFF Rest Day

4-24-17 Week 5	27 – 30 miles	3-mile Run OR AEROBIC CROSS TRAINING 30 – 40minutes	Run: 6 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	Run: 7 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	LONG RUN DAY 14 miles: Run 9 minutes, walk briskly 1min, continue cycle through 14 miles. Do not stop! Hydrate every 30minutes, Fuel with PowerGel every 60minutes	OFF Rest Day
5-1-17 Week 4	30 – 33 miles	3-mile Run OR AEROBIC CROSS TRAINING 30 – 40minutes	Run: 6 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	Run: 4 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	LONG RUN DAY 20 miles: Run 9 minutes, walk briskly 1min, continue cycle through 20 miles. Do not stop! Hydrate every 30minutes, Fuel with PowerGel every 60minutes	OFF Rest Day
5-8-17 Week 3	26 – 29 miles	3-mile Run OR AEROBIC CROSS TRAINING 30 – 40minutes	Run: 7 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	Run: 5 miles	Recovery Day OR Aerobic Cross Training 30 – 40minutes	LONG RUN DAY 14 miles: Run 9 minutes, walk briskly 1min, continue cycle through 14 miles. Do not stop! Hydrate every 30minutes, Fuel with PowerGel every 60minutes	OFF Rest Day

5-15-17 Week 2	24 miles	AEROBIC CROSS TRAINING 30minutes	Run: 6 miles	Recovery Day OR Aerobic Cross Training 30minutes	Run: 4 miles	Recovery Day OR Aerobic Cross Training 30minutes	LONG RUN DAY 12 miles: Run 9 minutes, walk briskly 1min, continue cycle through 12 miles. Do not stop! Hydrate every 30minutes, Fuel with PowerGel every 60minutes	OFF Rest Day
5-22-17 Week 1		AEROBIC CROSS TRAINING 30 – 40minutes	Run: 2 – 3 miles	OFF Rest Day	Run: 2 miles	OFF Rest Day	Beishline Memorial 5k Run for your shake-out run the day before the marathon!	MARATHON DAY! Follow the same approach as the long run days with 9minutes of running, 1minute brisk walk.