



AdventureGeek
p r o d u c t i o n s

8 Week Marathon Training Plan

Goal race time ~ 4:10:00
Weekly Distances 32mi - 47mi



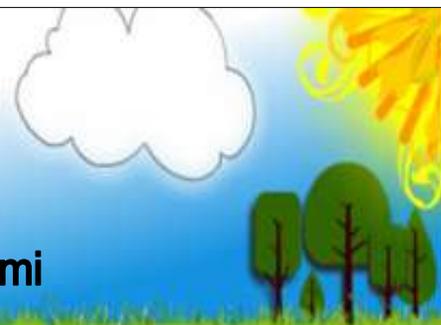
Day 1 7mi EZ	Day 2 Rest or C/T	Day 3 ~6mi Tempo 4mi @ 8:50	Day 4 6mi EZ	Day 5 3mi EZ	Day 6 12mi LR	Day 7 Rest or C/T	WK 1 ~34mi	~ = approx b/w = between C/T= Cross Train (Swim, plyometrics, cycle, abs, push-ups) see our training page for C/T tips. EZ = easy LR = Long Run
Day 8 7mi EZ	Day 9 5mi EZ	Day 10 ~8mi Speed work. 3x 1mi @ 8:25 W 800m jogs b/w	Day 11 6mi EZ	Day 12 Rest or C/T	Day 13 11mi LR	Day 14 Rest	WK 2 ~37mi	
Day 15 9mi EZ	Day 16 Rest	Day 17 ~7mi Tempo 5mi @ 8:45	Day 18 8mi EZ	Day 19 3EZ or C/T	Day 20 12mi LR	Day 21 Rest	WK 3 ~39mi	
Day 22 8mi EZ	Day 23 Rest or C/T	Day 24 8mi EZ	Day 25 8mi EZ	Day 26 Rest or C/T	Day 27 8mi EZ	Day 28 Rest	WK 4 ~32mi	

Please consult with your health care provider for before starting this or any endurance training plan.



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Day 29 8mi EZ	Day 30 Rest or C/T	Day 31 ~10mi Tempo 6mi @8:35	Day 32 6mi EZ	Day 33 Rest or C/T	Day 34 15mi LR	Day 35 Rest	WK 5 ~39mi	-Add a warm up, dynamic stretching and drills before every Speed work & Tempo workout and a cool down after -Hit the trails on 1 or 2 of your EZ days.
Day 36 8mi EZ	Day 37 6mi EZ	Day 38 ~8mi Speed work. 5 x 1 mile @8:10 w/ 800m jog b/w	Day 39 5mi EZ	Day 40 Rest or C/T	Day 41 20mi LR	Day 42 Rest	WK 6 ~47mi	
Day 43 5mi EZ	Day 44 6mi EZ	Day 45 ~8mi Tempo 5mi @8:30	Day 46 5mi EZ	Day 47 Rest	Day 48 14mi LR	Day 49 Rest or C/T	WK 7 ~38mi	
Day 50 Rest	Day 51 4mi EZ	Day 52 Rest	Day 53 ~8mi Tempo 4mi @ 8:40	Day 54 5mi EZ	Day 55 Rest	Day 56 26.2 Race Day! Adventure Geek Out!	WK 8 ~43mi	

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