

OCTC MARATHON TRAINING SCHEDULE by Coach Appell

| Week No. | Day | Training | Total Weekly Miles |
|----------|--|---|--------------------|
| 1 | Monday Tuesday Wednesday Thursday Friday Saturday Sunday | Off Speed Work at OCC - 6.5 miles 5.5 miles Off 3 miles 11 miles 4 miles | 30 |
| 2 | Monday Tuesday Wednesday Thursday Friday Saturday Sunday | Off Speed Work at OCC - 6.5 miles 6 miles, little hills Off 2 miles easy 12 miles, run flat at own pace 4 miles, recovery run | 30.5 |
| 3 | Monday Tuesday Wednesday Thursday Friday Saturday Sunday | Off Speed Work at OCC - 6.5 miles 6 miles, easy Off 2 miles, at race pace 14 miles, drink lots of water 5 miles, recovery run | 33.5 |
| 4 | Monday Tuesday Wednesday Thursday Friday Saturday Sunday | Off Speed Work at OCC - 6.5 miles 6 miles Off 3 miles, at race pace 14 miles, something a little hilly 5 miles, recovery run | 34.5 |
| 5 | Monday Tuesday Wednesday Thursday Friday Saturday Sunday | Off Speed Work at OCC - 6.5 miles 6 miles Off 4 miles, at race pace 15 miles 5 miles, recovery run | 36.5 |
| 6 | Monday Tuesday Wednesday Thursday Friday Saturday Sunday | Off Speed Work at OCC - 6.5 miles 6 miles Off 4 miles 16 miles 5 miles, recovery run | 37.5 |

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|-----------------|--|--|---------------------------|
| 7 | Monday Tuesday Wednesday Thursday Friday Saturday Sunday | Off Speed Work at OCC - 6.5 miles 6 miles Off 4 miles 17 miles 5 miles, recovery run | 38.5 |
| 8 | Monday Tuesday Wednesday Thursday Friday Saturday Sunday | Off Speed Work at OCC - 6.5 miles 6 miles Off 4 miles 18 miles 5 miles, recovery run | 39.5 |
| 9 | Monday Tuesday Wednesday Thursday Friday Saturday Sunday | Off Speed Work at OCC - 6.5 miles 5.5 miles Off 3 miles 19 miles 4 miles | 41.5 |
| 10 | Monday Tuesday Wednesday Thursday Friday Saturday Sunday | Off Speed Work at OCC - 6.5 miles 6 miles, easy Off 4 miles, 2 miles at race pace 19 miles, practice refueling 6 miles, dirt run | 43.5 |
| 11 | Monday Tuesday Wednesday Thursday Friday Saturday Sunday | Off Speed Work at OCC - 6.5 miles 6 miles, easy Off 5 miles, 3 miles at race pace 20 miles, run part of course if possible 6 miles, dirt run | 45.5 |
| 12 | Monday Tuesday Wednesday Thursday Friday Saturday Sunday | Off 4-3-2-1 (1 mile warm up & cool down) * 3 miles, easy Off 5 miles, 3 miles at race pace 21 miles, we're getting close! 5 miles, dirt run | 47 |

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|----------|--|--|--------------------|
| 13 | Monday Tuesday Wednesday Thursday Friday Saturday Sunday | Off 4-3-2-1 (1 mile warm up & cool down) * 4 miles, easy - slow, slow, slow Off 6 miles 21 miles, are you ready? 5 miles, at race pace | 49 |
| 14 | Monday Tuesday Wednesday Thursday Friday Saturday Sunday | Off 4-3-2-1 (1 mile warm up & cool down) * 6 miles, slow Off 5 miles, at race pace 22 miles, think - no one can stop me now! 5 miles, dirt run | 51 |
| 15 | Monday Tuesday Wednesday Thursday Friday Saturday Sunday | Off 3-2-1, at race pace (1 mile warm up & cool down) ** 4 miles, starting to taper Off 4 miles, easy dirt run 10 miles, 6 miles race pace (2 mile warm up & cool down) 3 miles, dirt run | 29 |
| 16 | Monday Tuesday Wednesday Thursday Friday Saturday Sunday | Off 6 x 400 m, at race pace (1.5 miles warm up & cool down) 3 miles, easy 2 miles, easy 2 miles, easy 2 miles, easy RACE DAY!!! | 39.7 |

* This workout consists of a 4 mile interval followed by 3 mile, 2 mile and 1 mile intervals run at your anticipated marathon pace with 2 to 3 minutes recovery or 1 easy lap if run on a track between intervals.

** This is the same as the 4-3-2-1 workout without the initial 4 mile interval.

This plan is a basic model to help a person successfully complete a marathon. It assumes that the person has been doing some running (i.e. 1 to 2 months of 25+ miles per week). Running a marathon is a rigorous physical activity as is the training to prepare for one; it is advised that anyone trying to complete a marathon seek the advise of his or her physician before beginning any training program.