

OCTC Marathon Training Courtesy of Coach Charlie Appell

This basic marathon training plan assumes that the athlete has been running 25+ miles per week for six or more months. Begin marathon training by counting back 14 weeks from the date of the race and begin your training there. Every week at track, check with Charlie to ensure that you understand and stay on schedule. Training for and running a marathon is a rigorous physical activity that should only begin after seeking the advice and clearance from a physician.

Notes: One mile warm-ups and one mile cool downs are included in the daily mileage. Recovery Pace is slow and easy as you feel. Aerobic Pace is based on heart rate. Any formula works okay; Dr. Philip Maffeton's method of calculation is one of the easiest to use. Race Pace is your expected marathon race pace. See the bottom of the next page for an explanation of the '3-2-1' and '4-3-2-1' pace training method. The 'Pace Level Effort' have been identified and discussed with Charlie then tested by Bob Szekeresh, ultrabob.

Week	WORKOUT	Total Wkly Miles	Week	WORKOUT	Total Wkly Miles
1 (Mon)	4 miles - aerobic pace		8 (Mon)	4 1/2 miles aerobic pace	
Tues	OCTC track workout at least 6 miles		Tues	9 1/2 miles @ track: 1 1/2 mi. warm up + 6x100; then 3,2,1* with 1 lap recovery between; 1 1/2 cool down	
Wed	3 miles - aerobic pace		Wed	3 miles - recovery pace	
Thu	<i>Day Off</i>		Thu	8 miles: 1 mi. warm up; 6 mi. at race pace; 1 mi. cool down	
Fri	4 miles - aerobic pace		Fri	4 easy miles	
Sat	9 miles - easy as you feel		Sat	18 miles: this should be race work pace	
Sun	2 miles - aerobic pace	28 Mi	Sun	4 miles at race pace	51 Mi
2 (Mon)	4 miles - do some easy hills		9 (Mon)	6 1/2 miles - aerobic pace	
Tues	OCTC track workout at least 6 miles		Tues	9 1/2 miles @ track: 1 1/2 mi. warm up + 6x100; then 3,2,1* with 1 lap recovery between; 1 1/2 cool down	
Wed	4 miles - aerobic pace		Wed	8 miles - aerobic pace for work	
Thu	<i>Day Off</i>		Thu	<i>Day Off</i>	
Fri	5 miles - aerobic pace		Fri	6 miles: 2 mi. warm up, 2 mi. @ aerobic pace, 2 mi. cool down	
Sat	10 miles: 4 mi. aerobic + 3 1/2 mi. aerobic pace for 3 1/2 mi. + 1 1/2 mi warm down		Sat	20 miles - aerobic pace: think of bathroom & food intake	
Sun	2 miles really easy	31 Mi	Sun	5 miles - recovery pace	55 Mi.
3 (Mon)	4 miles - aerobic pace		10 (Mon)	7 miles - aerobic pace: easy with water breaks	
Tues	OCTC track workout at least 6 miles		Tues	9 1/2 miles @ track: 1 1/2 mi. warm up + 6x100; then 3,2,1* with 1 lap recovery between; 1 1/2 cool down	
Wed	5 miles - aerobic pace		Wed	9 miles easy - 99 minutes	
Thu	<i>Day Off</i>		Thu	<i>Day Off</i>	
Fri	5 miles easy run on the river bed		Fri	6 1/2 miles: 2 1/2 mi. warm up, 2 mi. at 9 min. pace, 2 mi. cool down	
Sat	12 miles aerobic pace - work on water breaks and bathroom breaks		Sat	20 miles on roads	
Sun	3 miles easy recovery day	35 Mi	Sun	6 miles at 10 min. pace	58 Mi

4 (Mon)	4 miles at 10 min. pace		11 (Mon)	5 miles at 11 or 12 min. pace	
Tues	OCTC track workout at least 6 miles		Tues	14 miles @ track: 1 1/2 mi. warm up + 6x100; then 4, 3, 2, 1* with 1 lap recovery between; 1 1/2 mi. cool down	
Wed	6 miles at 10 min. pace		Wed	8 miles - run as you feel	
Thu	<i>Day Off</i>		Thu	<i>Day Off</i>	
Fri	6 miles easy run		Fri	9 miles - run as you feel	
Sat	14 miles in the hills at El Morro if possible		Sat	21 miles on roads	
Sun	3 miles easy recovery day	38 Mi	Sun	3 miles easy on grass	60 Mi
5 (Mon)	4 miles easy		12 (Mon)	5 miles	
Tues	OCTC track workout at least 6 miles		Tues	14 miles @ track: 1 1/2 mi. warm up + 6x100; then 4, 3, 2, 1* with 1 lap recovery between; 1 1/2 mi. cool down	
Wed	7 miles easy		Wed	5 miles easy - slow, slow, slow	
Thu	<i>Day Off</i>		Thu	4 miles easy - 35 min. to 40 min.	
Fri	6 miles easy- work on relaxation		Fri	5 miles easy - 60 min.	
Sat	15 miles beach run		Sat	22 miles on hills and road	
Sun	3 miles easy - recovery day	41 Mi	Sun	5 miles easy at 55 min.	60 Mi
6 (Mon)	4 easy miles - 11 min. pace		13 (Mon)	3 miles @ recovery time	
Tues	OCTC track workout at least 6 miles		Tues	7 miles @ track: 1 1/2 mile warm up, 6x100, 2, 1 mi., 1 lap recovery between; 1 1/2 mile cool down	
Wed	8 miles-work on pace in middle for equal time per mile		Wed	4 miles - recovery time	
Thu	<i>Day Off</i>		Thu	<i>Day Off</i>	
Fri	7 easy miles		Fri	12 miles easy	
Sat	16 miles in the canyons at least		Sat	4 miles - recovery time	
Sun	4 miles: 1 1/2 mile warm up; 8x100's; 1 1/2 mile cool down	45 Mi	Sun	<i>Day Off</i>	30 Mi
7 (Mon)	5 miles easy work - 55 min.		14 (Mon)	6 miles easy - during the workout think about the race.	
Tues	OCTC track workout at least 6 miles		Tues	1 1/2 mile warm up + 6x100; 6x 400, 1 1/2 mi. cool down; do stretching	
Wed	8 miles - 88 min.		Wed	4 miles at 8:30 pace	
Thu	<i>Day Off</i>		Thu	3 miles at 8:30 pace	
Fri	8 miles: 2 mi. warm up; 4mi. 10 min. pace; 2 mi. recovery		Fri	2 miles at 8:30 pace	
Sat	17 miles on riverbed to break the boredom		Sat	2 miles at 8:30 pace	
Sun	4 easy miles - 44 min.	48 Mi	Sun	Race Day: Learn the Course the Night Before	47 mi

***3,2,1** = Warm up usual 1 1/2 mile plus 6x100's; run 3 mi. @ race pace then 1 lap recovery; run 2 mi. @ race pace then 1 lap recovery; 1 mi. @ race pace then 1 lap recovery; finally 1 1/2 mile cool down.

***4,3,2,1** = Warm up usual 1 1/2 mile plus 6x100's; run 4 mi. @ race pace then 1 lap recovery; run 3 mi. @ race pace then 1 lap recovery; run 2 mi. @ race pace then 1 lap recovery; 1 mi. @ race pace then 1 lap recovery; finally 1 1/2 mile cool down.