

**Jacqueline Hansen's  
MARATHON TRAINING SCHEDULE**

Attached, are 24 weeks worth of marathon training schedules. To find your starting point, simply count the end of week 24 as your target goal marathon and count backwards to today (or whenever you are starting). If your starting point doesn't match your fitness level, you should start at an earlier point and we'll adjust the schedule to make sure you progress in a timely manner. If you have allowed more than 24 weeks to prepare, start at week one and we can talk about how to progress.

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Remember, these schedules are to be regarded as guidelines. Workouts are meant to be adjusted for your needs. Your fitness level, your ability to recover and any tendency towards injuries will play into how your workouts may be adjusted. Also, if you do any cross-training, I'd be happy to schedule around those workouts.

The majority of workouts are given in terms of time rather than distance, so overall weekly mileage will vary from athlete to athlete. Again, use the weekly mileage amounts as mere guidelines.

**Keep a running journal!** Include:

- >> Time of day for your workout
- >> Workout description
- >> Mileage & intensity
- >> Reflect how you felt
- >> Any pertinent info. Re: weather, shoes, running surface, etc.
- >> Health concerns or injuries

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**Definitions of running terms include:**

>> Variable Pace Training - a safe alternative to interval training, especially useful to marathoners. It helps to know your current 5K race pace as well as your Marathon race pace. If you don't have a race time, choose a desired (but reasonable) goal pace.

>> Fartlek - mix up the pace and play with your speed. Go for 100 to 400 yards at varying speeds from medium to hard, at your discretion. Don't get too winded. Rest until recovered and go again. It should be a continuous run, although, just faster and slower paces.

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>> Shakeups - pick out a space about 100 yards long. Running back and forth, faster than a jog, resting momentarily on either end. You may be familiar with “wind sprints.” This is similar, but it’s a good warmup or cooldown tool.

>> Minute Runs - after about a 10 min. warmup, try 1 minute hard run, alternating with 1 minute (or even 30 sec.) easy jog to recover, and repeat for the prescribed number of times. Always include a 10 min. cooldown too. Like the fartlek run, it’s meant to be a continuous run, just more defined.

Any doubts about where you should start, or concerns about changing workouts, or questions about how to carry out workouts, or if you want to build in some cross-training ideas, whatever the question, call or e-mail me. That’s what I’m here for!

Happy trails to you,  
Coach Jacqueline Hansen

## JQ Hansen's Workouts

### MARATHON TRAINING SCHEDULE

#### WEEK ONE

MONDAY	Walkers	3 miles easy walk
	Beginners	3 miles easy jog
	Intermediate	Same
	Advanced	Same
TUESDAY	Walk	20 – 30 min.
	Beg.	20 – 30 min.
	Int.	30 – 40 min.
	Adv.	40 – 50 min.
WEDNESDAY	Walk	Walk 10-15 min. out and return same time, brisker pace.
	Others:	run halfway out, turn around, return faster –
	Beg.	20 – 30 min.
	Int.	30 – 40 min.
Adv.	40 – 50 min.	
THURSDAY	Walk	3 miles steady walk
	Beg.	3 miles steady jog
	Int.	3 miles steady run
	Adv.	3 miles steady run
FRIDAY	Walk	Optional rest day, or 3 miles easy
	Beg.	Same
	Int.	Same
	Adv.	Same
SATURDAY	Walk	Walk @ easy stroll 10 min., then 20 strides brisk, 20 strides easier, for 10 min. and cooldown with 10 min. stroll.
	Others:	warm up 10 min. before and cooldown 10 min. after –
	Beg.	Run 10 X 1 minute runs with 1 min. rest between
	Int.	Run 10 X 1 minute runs with 1 min. jog between
Adv.	Run 15 X 1 minute runs with 1 min. jog between	
SUNDAY	Group Run/Walk – 5 miles	

Week's total = approx. 20 miles

Workouts by JQ Hansen

**MARATHON TRAINING SCHEDULE**

WEEK TWO

MONDAY	Walk	Optional rest day or 3 miles easy
	Beg.	Same
	Int.	Same
	Adv.	Same
TUESDAY	Walk	30 min. steady walk
	Beg.	30 min. steady pace
	Int.	40 min. steady pace
	Adv.	50 min. steady pace
WEDNESDAY	Walk	Walk @ easy stroll 10 min., then 20 strides brisk, 20 strides easier, for 10 min. and cooldown with 10 min. stroll. Others: warm up 10 min. before and cooldown 10 min. after –
	Beg.	Run 10 X 1 minute runs with 1 min. rest between
	Int.	Run 10 X 1 minute runs with 1 min. jog between
	Adv.	Run 15 X 1 minute runs with 1 min. jog between
THURSDAY	Walk	30 min. easy
	Beg.	20 min. walk/jog
	Int.	20 min. easy run
	Adv.	30 min. easy run
FRIDAY	All:	warm up with a 10 min. walk or jog & stretching.
	Walk	45 min. walk
	Beg.	30 min. walk/jog
	Int.	35 - 40 min. run
	Adv.	40 - 45 min. run
SATURDAY	Walk	Optional rest day or 3 miles easy
	Beg.	Same
	Int.	Same
	Adv.	Same
SUNDAY		Group run / walk – 5 miles

Week's total = approx. 20 miles

## Workouts by JQ Hansen

### MARATHON TRAINING SCHEDULE

#### WEEK THREE

MONDAY	Walk	Rest day
	Beg.	Rest day
	Int.	20 min. steady run + 10 shakeups
	Adv.	Same
TUESDAY	Walk	30 min. walk
	Beg.	30 min. jog/walk
	Int.	30 – 45 min. steady run
	Adv.	45 – 60 min. steady run
WEDNESDAY	Walk	30 min. walk – alternate pace (easy/brisk)
	Beg.	20 min. fartlek (walk/jog)
	Int.	30 min. fartlek
	Adv.	45 min. fartlek
THURSDAY	Walk	30 min. easy walk
	Beg.	20 min. easy walk/jog + 6 shakeups
	Int.	30 min. easy run + 10 shakeups
	Adv.	Same
FRIDAY	Walk	3 miles steady walk
	Beg.	Run or walk/jog 3 miles steady
	Int.	Warm up 10 min., run 3 miles out & run back faster
	Adv.	Same
SATURDAY	All: Optional rest day or 3 miles easy walk or run.	
SUNDAY	Group run / walk – 6 miles	

Week's total = approx. 25 miles

Workouts by JQ Hansen

**MARATHON TRAINING SCHEDULE**

WEEK FOUR

MONDAY	Walk	Optional rest day or 20-30 min. walk
	Beg.	Optional rest day or 20 min. jog
	Int.	30 min. steady run + 10 shakeups
	Adv.	Same
TUESDAY	Walk	30-40 min. walk
	Beg.	Steady state 30 min. run or walk/jog 45 min.
	Int.	Steady state 45 min. run
	Adv.	Steady state 60 min. run
WEDNESDAY	All:	add a 10 min. warm up & 10 min. cooldown –
	Walk	20 brisk strides, 20 slower strides for 10 min.
	Beg.	10 X 1 min. runs w/1 min. recovery walk or jog
	Int.	15 X 1 min. runs w/1 min. recovery jog
	Adv.	20 X 1 min. runs w/30 sec. recovery jog
THURSDAY	Walk	30 min. walk
	Beg.	20 min. easy run or 30 min. walk/jog + 6 shakeups
	Int.	45 min. easy run + 10 shakeups
	Adv.	Same
FRIDAY	Walk	45 min. walk
	Beg.	45 min. mixed walk & run
	Int.	45 min. fartlek
	Adv.	Same
SATURDAY	Walk	Optional rest day or 30 min. walk
	Beg.	Optional rest day or 20 min. walk/jog
	Int.	Steady 3 – 4 miles
	Adv.	Same
SUNDAY	Group run / walk – 6 miles	

Week's total = approx. 25 miles

## Workouts by JQ Hansen

### MARATHON TRAINING SCHEDULE

#### WEEK FIVE

MONDAY	Walk	Optional rest day or 30 min. walk
	Beg.	Optional rest day or 30 min. jog
	Int.	40 min. steady run
	Adv.	40 min. steady run
TUESDAY	Walk	45 min. steady walk
	Beg.	Steady state 30 min. run or 45 min. walk/jog
	Int.	Steady state 45 min. run
	Adv.	Steady state 60 min. run
WEDNESDAY	Walk	30 min. walk
	Beg.	30 min. walk & run mix
	Int.	30 min. fartlek
	Adv.	45 min. fartlek
THURSDAY	Walk	30-40 min. walk
	Beg.	30 min. easy run/walk + 6 shakeups
	Int.	45 min. easy run + 10 shakeups
	Adv.	Same
FRIDAY	All:	add a 10 min. warm up & 10 min. cooldown –
	Walk	20 brisk strides, 20 slower strides for 10 min.
	Beg.	10 X 1 min. runs w/1 min. recovery walk or jog
	Int.	15 X 1 min. runs w/1 min. recovery jog
Adv.	20 X 1 min. runs w/30 sec. recovery jog	
SATURDAY	Walk	Optional rest day or 20 min. easy walk
	Beg.	Optional rest day or 20 min. easy jog
	Int.	Steady 4 mile run
	Adv.	Same
SUNDAY	Group run / walk – 7 miles	

Week's total = approx. 30 miles

Workouts by JQ Hansen

**MARATHON TRAINING SCHEDULE**

WEEK SIX

MONDAY	Walk Beg. Int. Adv.	Optional rest day or 30 min. easy walk Optional rest day or 30 min. walk/jog 40 – 50 min. steady run Same
TUESDAY	Walk Beg. Int. Adv.	45 min. steady walk Steady state 30 min. or 45 min. walk/jog Steady state 45 min. run Steady state 60 min. run
WEDNESDAY	Walk Beg. Int. Adv.	30 – 40 min. walk 30 – 40 min. walk & run mix 30 – 40 min. fartlek 45 – 60 min. fartlek
THURSDAY	Walk Beg. Int. Adv.	30 min. easy 30 min. easy run & walk + 6 shakeups 45 min. easy run + 10 shakeups Same
FRIDAY	All: add a 10 min. warm up & 10 min. cooldown – Walk Beg. Int. Adv.	20 brisk strides, 20 slower strides for 10 min. 10 X 1 min. runs w/1 min. recovery walk or jog 15 X 1 min. runs w/30 sec. recovery jog 20 X 1 min. runs w/30 sec. recovery jog
SATURDAY	Walk Beg. Int. Adv.	Optional rest day or 20 – 30 min. walk Optional rest day or 20 min. easy run Steady 4 – 5 mile run Steady 5 – 6 mile run
SUNDAY		Group run / walk – 7 miles

Week's total = approx. 30 miles



Workouts by JQ Hansen

**MARATHON TRAINING SCHEDULE**

WEEK SEVEN

MONDAY	Walk	Optional rest day or 45 min. walk
	Beg.	Optional rest day or 45 min. walk/jog
	Int.	Easy 45 min. run
	Adv.	Same
TUESDAY	Walk	60 min. walk
	Beg.	Steady 45 min. run or 60 min. walk/jog
	Int.	Steady 45 min. run
	Adv.	Steady 60 min. run
WEDNESDAY	All:	add a 10 min. warm up & 10 min. cooldown –
	Walk	20 brisk strides, 20 slower strides for 15 min.
	Beg.	12 X 1 min. runs w/1 min. recovery walk or jog
	Int.	16 X 1 min. runs w/30 sec. recovery jog
Adv.	22 X 1 min. runs w/30 sec. recovery jog	
THURSDAY	Walk	30 - 40 min. walk
	Beg.	40 min. walk/jog + 6 shakeups
	Int.	50 min. easy run + 10 shakeups
	Adv.	Same
FRIDAY	Walk	45 min. walk
	Beg.	40 min. walk & run mix
	Int.	40 min. fartlek
	Adv.	60 min. fartlek
SATURDAY	Walk	Optional rest day or 30 min. walk
	Beg.	Optional rest day or 30 min. walk/jog
	Int.	4 miles (2 miles out, 2 miles back faster) Plus cooldown
	Adv.	Same
SUNDAY	Group run / walk – 8 miles	

Week's total = 35 miles

## Workouts by JQ Hansen

### MARATHON TRAINING SCHEDULE

#### WEEK EIGHT

MONDAY	Walk	30 - 40 min. walk
	Beg.	Walk & jog 40 min.
	Int.	Run 20 min., do 10 X 100m shakeups, run another 20 min.
	Adv.	Same
TUESDAY	Walk	45 min. walk
	Beg.	45 min. walk & run
	Int.	45 min. fartlek
	Adv.	60 min. fartlek
WEDNESDAY	Walk	10 min. easy walk, then 20 min. brisker, & 10 min. easy cooldown
	Beg	Walk/run 20 min. + 6 shakeups + 20 min. walk/run
	Int.	Steady 45 min. run
	Adv.	Steady 60 min. run
THURSDAY	All:	add a 10 min. warm up & 10 min. cooldown –
	Walk	20 brisk strides, 20 slower strides for 20 min.
	Beg.	15 X 1 min. runs w/1 min. recovery walk or jog
	Int.	20 X 1 min. runs w/30 sec. recovery jog
Adv.	24 X 1 min. runs w/30 sec. recovery jog	
FRIDAY	Walk	45 min. walk
	Beg.	45 min. walk/jog
	Int.	45 min. steady run
	Adv.	60 min. steady run
SATURDAY	Walk	Optional rest day or 40 min. walk
	Beg.	Optional rest day or 30 min. easy run
	Int.	4 miles (2 mi. out & 2 mi. back faster) + cooldown
	Adv.	Same
SUNDAY	Group run / walk – 8 miles	

Week's total = approx. 35 miles

Workouts by JQ Hansen

**MARATHON TRAINING SCHEDULE**

WEEK NINE

MONDAY	Walk	30 – 45 min. walk
	Beg.	30 min. easy run or 45 min. walk/run
	Int.	30 – 45 min. easy run
	Adv.	45 min. easy run
TUESDAY	Walk	60 min. walk
	Beg.	45 min. walk/jog on hills
	Int.	45 min. run on hills
	Adv.	60 min. run on hills
WEDNESDAY	Walk	45 min. walk
	Beg.	30 min. easy run or 45 min. walk/run
	Int.	45 min. easy run
	Adv.	60 min. easy run
THURSDAY	Walk	45 min. walk
	Beg.	30 min. fartlek run or 45 min. walk/run
	Int.	40 – 50 min. fartlek
	Adv.	50 – 60 min. fartlek
FRIDAY	Walk	75 min. walk
	Beg.	30 min. walk/jog
	Int.	30 min. easy run
	Adv.	NEW! A.M. – 20 min. easy run P.M. – 30 min. steady run
SATURDAY	Walk	Rest day
	Beg.	Rest day
	Int.	Rest day or 30 – 40 min. easy run
	Adv.	Same
SUNDAY	Group run / walk – 9 miles	

Week's total = approx. 40 miles

Workouts by JQ Hansen

**MARATHON TRAINING SCHEDULE**

WEEK TEN

MONDAY	Walk	45 min. walk
	Beg.	45 min. run/walk
	Int.	40-45 min. easy run
	Adv.	50 min. easy run
TUESDAY	Walk	60 min. walk on hills
	Beg.	45-60 min. walk/jog on hills
	Int.	At least 45 min. on hills
	Adv.	At least 60 min. on hills
WEDNESDAY	Walk	60 min. steady walk
	Beg.	30 min. steady run or 50 min. walk/jog
	Int.	45 min. steady state run at a good pace
	Adv.	60 min. steady state run at a good pace
THURSDAY	Walk	15 min. easy/15 min. brisk/15 min. easy walk
	Beg.	60 min. walk/jog
	Int.	50 min. fartlek
	Adv.	60 min. fartlek
FRIDAY	Walk	50 min. easy walk
	Beg.	40 min. walk/jog
	Int.	40 min. steady run
	Adv.	A.M. 20 min. run P.M. 40 min. run
SATURDAY	Walk	Optional rest day or 30 min. walk
	Beg.	Optional rest day or 30 min. walk/jog
	Int.	Optional rest day or 40 min. easy run
	Adv.	Optional rest day or 40 min. easy run
SUNDAY	Group run – 10 miles	

Week's total = approx. 40 miles

Workouts by JQ Hansen

**MARATHON TRAINING SCHEDULE**

WEEK ELEVEN

MONDAY	Walk	60 min. walk
	Beg.	50 min. walk/jog
	Int.	45 – 50 min. easy run
	Adv.	50 – 60 min. easy run
TUESDAY	Walk	50 min. walk on hills
	Beg.	45 min. walk/jog on hills
	Int.	50 min. run on hills
	Adv.	A.M. 20 min. run P.M. 60 – 70 min. run on hills
WEDNESDAY	Walk	50 min. easy walk
	Beg.	50 min. walk/jog
	Int.	45 min. steady run
	Adv.	60 min. steady run
THURSDAY	All:	add a 10 min. warm up & 10 min. cooldown –
	Walk	20 brisk strides, 20 slower strides for 20 min.
	Beg.	15 X 1 min. runs w/1 min. recovery walk or jog
	Int.	20 X 1 min. runs w/30 sec. recovery jog
	Adv.	24 X 1 min. runs w/30 sec. recovery jog
FRIDAY	Walk	40 min. easy walk
	Beg.	40 min. walk/run
	Int.	30 – 40 min. easy run
	Adv.	40 – 50 min. easy run
SATURDAY	Walk	50 min. steady walk
	Beg.	Walk & jog 45 min.
	Int.	10 min. warm up, 4 mile-run (2 mi. out + 2 mi. back at a faster pace), plus 10 min. cooldown.
	Adv.	Same
SUNDAY	Group run – 8 miles	

Week's total = approx. 45 miles

Workouts by JQ Hansen

**MARATHON TRAINING SCHEDULE**

WEEK TWELVE

MONDAY	Walk	Optional rest day or 60 min. walk
	Beg.	Optional rest day or 50 min. walk/jog
	Int.	50 min. easy run
	Adv.	A.M. 20 min. easy run P.M. 40 min. easy run
TUESDAY		On a track, running or walking continuous laps:
	<u>Walk</u>	2 laps easy pace, followed by 8 laps of walking faster on the straight-a-ways, slower on the curves, plus 2 laps cooldown.
	<u>Beg.</u>	2 laps warmup at easy pace, followed by 8 laps running the straight-a-ways & walking the curves plus 2 laps cooldown.
	<u>Int.</u>	4 laps warmup, stop for stretching, followed by 8 laps of: 1 lap running/1 lap jog & walk, plus another 2 laps cooldown jog.
	<u>Adv.</u>	4 laps warmup, stop for stretching, followed by 8 laps of: 1 lap run with ½ lap recovery jog, cooldown another 2 laps after.
WEDNESDAY	Walk	50 – 60 min. walk
	Beg.	50 – 60 min. walk / jog
	Int.	50 – 60 min. steady fun
	Adv.	A.M. 20 min. easy P.M. 60 min. easy run
THURSDAY	Walk	Walk 10 min. easy, 30min. brisker, + 10 min. easy
	Beg.	Walk 10 min/run 5 min.- repeat X 4, + 10 min. easy
	Int.	45 min. fartlek + 10 min. cooldown
	Adv.	60 min. fartlek + 10 min. cooldown
FRIDAY	Walk	60 min. steady walk
	Beg.	50 min. walk/jog
	Int.	45 min. easy run
	Adv.	A.M. 20 min. easy run P.M. 50 min. easy run
SATURDAY	Walk & Beg.	Optional rest day or 45 min. easy walk
	Int.	30 min. “build-up” run (start easy, finish faster)
	Adv.	45 min. “build-up” run (as above) plus cooldown
SUNDAY		Group run / walk – 12 miles

Week’s total = approx. 45 miles

**MARATHON TRAINING SCHEDULE**

WEEK THIRTEEN

MONDAY	Walk	Optional rest day or 60 min. walk
	Beg.	Optional rest day or 60 min. walk/jog
	Int.	50 min. easy run
	Adv.	A.M. 20 min. easy run P.M. 40 min. easy run
TUESDAY	<u>Walk</u>	90 min. walk
	<u>Beg.</u>	90 min. walk/jog
	<u>Variable Pace Training:</u>	
	<u>Int.</u>	Warm up 4 laps, run 1 lap (400m) @ 5K race pace, run 1 lap (400m) @ Marathon race pace, repeat X 3 (for a total of 6 X 400's). Walk/jog 1 lap between each 400. Cool down 10 min.
	<u>Adv.</u>	Warm up 4 laps, run 1 X 400 @ 5K race pace, 1 X 400 @ Marathon race pace, repeat X 3. Recover w/ a 4-6 min. walk/jog. Repeat the 6 X 400's in the same way. Walk/jog 1 lap between each 400. Cool down 10 min.
WEDNESDAY	Walk	60 min. easy walk
	Beg.	60 min. of 5 min. walk/5 min. run
	Int.	60 min. fartlek
	Adv.	A.M. 20 min. run + P.M. 60 min. fartlek
THURSDAY	All:	add a 10 min. warm up & 10 min. cooldown –
	Walk	20 brisk strides, 20 slower strides for 30 min.
	Beg.	10 X 1 min. runs w/1 min. recovery walk or jog
	Int.	15 X 1 min. runs w/30 sec. recovery jog
	Adv.	20 X 1 min. runs w/30 sec. recovery jog
FRIDAY	Walk	Optional rest day or 60 min. walk
	Beg.	Optional rest day or 45 min. easy run
	Int.	Easy 1 hour run
	Adv.	Easy 1 hour run
SATURDAY	Walk	60 min. walk
	Beg.	45 min. walk/run
	Int.	45 min. steady run
	Adv.	60 min. steady run
SUNDAY	Group run / walk – 10 miles	
	Week's total = approx. 50 miles	

Workouts by JQ Hansen

**MARATHON TRAINING SCHEDULE**

WEEK FOURTEEN

MONDAY	Walk	Optional rest day or 1 hour walk
	Beg.	Same
	Int.	50 min. easy run
	Adv.	A.M. 20 min. easy run P.M. 50 min. steady run
TUESDAY	Walk	At least 1 hour walk
	Beg.	At least 1 hour or 5 min. walk/ 5 min. run
	Int.	60 min. fartlek run
	Adv.	75 min. fartlek run
WEDNESDAY	Walk	90 min. walk
	Beg.	90 min. walk/jog
	Int.	Repeat last week's "Variable Pace" workout (6 X 400's)
	Adv.	Repeat last week's "Variable Pace" workout (12 X 400's)
THURSDAY	Walk	50 – 60 min. walk
	Beg.	50 – 60 min. walk/jog
	Int.	50 min. run
	Adv.	A.M. 20 min. easy run P.M. 50 min. steady run
FRIDAY	All:	add a 10 min. warm up & 10 min. cooldown –
	Walk	20 brisk strides, 20 slower strides for 30 min.
	Beg.	10 X 1 min. runs w/1 min. recovery walk or jog
	Int.	15 X 1 min. runs w/30 sec. recovery jog
	Adv.	20 X 1 min. runs w/30 sec. recovery jog
SATURDAY	Walk	Rest day
	Beg.	Rest day
	Int.	40 min. easy run
	Adv.	50 min. easy run
SUNDAY		Group run / walk – 14 miles

Week's total = approx. 50 miles



**MARATHON TRAINING SCHEDULE**

WEEK FIFTEEN

MONDAY	Walk	Optional rest day or 1 hour walk
	Beg.	Optional rest day or 1 hour walk/jog
	Int.	Easy 1 hour run
	Adv.	A.M. 20 min. run P.M. 1 hour run
TUESDAY	Walk	75 min. walk
	Beg.	1 hour walk/run
	Int.	60 – 75 min. fartlek – optional, w/ hills
	Adv.	75 – 90 min. fartlek – optional, w/ hills
WEDNESDAY	Walk	90 min. walk
	Beg.	75 – 90 min. run w/ walking as needed
	<u>Variable Pace Training:</u>	
	<u>Int.</u>	Warm up 1 mile (4 laps), run 1 X 600 (1 ½ laps) @ 5K pace, 1 X 600 @ Marathon pace. Repeat X 3 for total of six 600's. Walk/jog 1 lap between each 600. Cool down 2 laps.
	<u>Adv.</u>	Warm up 1 mile. Run 1 X 600 @ 5K race pace, 1 X 600 @ Marathon race pace. Repeat X 3. Recover 4-6 min. Do again, for another 6 X 600. Walk/jog 1 lap between each 600. Cool down 2 laps easy.
THURSDAY	Walk	1 hour easy walk
	Beg.	1 hour easy run
	Int.	1 hour easy run
	Adv.	A.M. 20 min. easy run P.M. 1 hour easy run
FRIDAY	All:	add a 10 min. warm up & 10 min. cooldown –
	Walk	20 brisk strides, 20 slower strides for 30 min.
	Beg.	12 X 1 min. runs w/1 min. recovery walk or jog
	Int.	16 X 1 min. runs w/30 sec. recovery jog
	Adv.	22 X 1 min. runs w/30 sec. recovery jog
SATURDAY	Walk	Optional rest day or 1 hour walk
	Beg.	Optional rest day or 45 min. walk/jog
	Int.	40 min. easy run
	Adv.	50 min. easy tun
SUNDAY	Group run / walk – 12 miles	
	Week's total = approx. 55 miles	

Workouts by JQ Hansen

**MARATHON TRAINING SCHEDULE**

WEEK SIXTEEN

MONDAY	Walk	Optional rest day or 60 – 75 min. walk
	Beg.	Same
	Int.	Easy 60 – 75 min. run
	Adv.	A.M. 20 min. easy run P.M. 1 hour easy run
TUESDAY	All:	add a 10 min. warm up & 10 min. cooldown –
	Walk	20 brisk strides, 20 slower strides for 30 min.
	Beg.	12 X 1 min. runs w/1 min. recovery walk or jog
	Int.	16 X 1 min. runs w/30 sec. recovery jog
	Adv.	22 X 1 min. runs w/30 sec. recovery jog
WEDNESDAY	Walk	60 – 75 min. walk
	Beg.	1 hour run/walk
	Int.	Easy 1 hour run
	Adv.	A.M. easy 30 min. run P.M. easy 1 hour run
THURSDAY	Walk	75 min. walk
	Beg.	6 miles walk & jog + 6 shakeups + stretching
	Int.	4-5 miles run + 6 shakeups + stretching
	Adv.	6 miles run + 6 shakeups + stretching
SATURDAY	Walk	3 – 4 miles easy
	Beg.	3 – 4 miles easy
	Int.	3 miles easy + 6 shakeups + 3 more miles
	Adv.	3 miles easy + 6 shakeups + 3 more miles
SUNDAY		Group run / walk – 16 miles

Week's total = approx. 55 miles

Workouts by JQ Hansen

**MARATHON TRAINING SCHEDULE**

WEEK SEVENTEEN

MONDAY	Walk	20 min. easy/20 min. brisk/20 easy/20 brisk
	Beg.	20 min. walk/jog + 6 shakeups + 3 miles easy
	Int.	3 miles easy + 6 shakeups + 3 miles easy
	Adv.	Same
TUESDAY	Walk	75 min. walk
	Beg.	60 – 75 min. walk/jog
	Int.	60 – 75 min. easy run
	Adv.	A.M. 20 – 30 min. easy run P.M. 1 hour easy run
WEDNESDAY		Warm up 1 mile (4 laps) on the track & cooldown 2 laps after: <u>Walk-</u> Walk straight-a-ways brisk & the curves easy for 60 min. <u>Beg.-</u> Jog the straight-a-ways & walk the curves for 60 min. <u>Int.-</u> Run 1 X 600 @ 5K race pace & 1 X 600 @ Marathon race pace. Repeat X 3 for total of 6 X 600's. Walk/jog 1 lap between. <u>Adv.-</u> Run 1 X 600 @ 5K race pace & 1 X 600 @ Marathon race pace. Repeat X 3 for total of 6 X 600's. Rest 4-6 min. Repeat w/ 3 more sets, for 6 more 600's . Walk/jog 1 lap between ea. 600.
THURSDAY	Walk	75 – 90 min. walk
	Beg.	75 min. walk/jog
	Int.	60 easy run
	Adv.	A.M. 20-30 min. easy run P.M. 1 hour easy run
FRIDAY	Walk	At least 1 hour walk
	Beg.	1 hour walk/jog
	Int.	60-75 min. fartlek run
	Adv.	75 min. fartlek run
SATURDAY	Walk	Optional rest day or 1 hour walk
	Beg.	Same
	Int.	40 min. easy run
	Adv.	A.M. 30 min. run P.M. 30 min. run
SUNDAY		Group run / walk – 14 miles

Week's total = approx. 60 miles

Workouts by JQ Hansen

**MARATHON TRAINING SCHEDULE**

WEEK EIGHTEEN

MONDAY	Walk	90 min. walk
	Beg.	90 min. walk or 60 min. jog
	Int.	Easy 1 hour run
	Adv.	A.M. 30 min. run P.M. 1 hour easy run
TUESDAY		On the track, warm up 1 mile before & cooldown 2 laps after:
	Walk	Alternate walking 1 lap briskly & 1 lap easy for 20.
	Beg.	Alternate running 1 lap & walking 1 lap for 20 total.
	Int.	Run 4 X 400 @ 5K race pace + 6 shakeups.
	Adv.	Run 4 – 6 X 400 @ 5K pace + 8 shakeups.
WEDNESDAY	Walk	A.M. 45 min. walk / P.M. 1 hour walk
	Beg.	A.M. 45 min. walk / P.M. 1 hour walk/jog
	Int.	A.M. 30 min. easy run / P.M. 40 min. easy run
	Adv.	A.M. 30 min. easy run / P.M. 1 hour easy run
THURSDAY	Walk	Walk at least 1 ½ - 2 hours total.
	Beg.	Walk & jog at least 1 ½ - 2 hours.
	Int.	Warm up 10 min. Run 1 hour @ Marathon race pace
	Adv.	Same
FRIDAY	Walk	Walk 1 hour
	Beg.	Walk/jog 1 hour
	Int.	60 min. fartlek + 10 min. cooldown
	Adv.	75 min. fartlek + 15 min. cooldown
SATURDAY	Walk	Optional rest day or 45 – 60 min. walk
	Beg.	Optional rest day or 45 min. walk/jog
	Int.	Easy 45 min. run
	Adv.	A.M. 30 min. run P.M. 40 min. run
SUNDAY		Group run / walk – 18 miles

Week's total = approx. 60 miles

Workouts by JQ Hansen

**MARATHON TRAINING SCHEDULE**

WEEK NINETEEN

MONDAY	Walk	90 min. walk
	Beg.	90 min. walk/jog
	Int.	Easy 1 hour run
	Adv.	Easy 1 hour run
TUESDAY	Walk	A.M. 40 min. walk / P.M. 50 min. walk
	Beg.	A.M. 40 min. walk / P.M. 40 min. walk/jog
	Int.	A.M. 20 min. run / P.M. 45 min. run
	Adv.	A.M. 30 min. run / P.M. 60 min. run
WEDNESDAY		On the track, warm up 1 mile before & cooldown 2 laps + 6 shakeups after: <u>Walk</u> One lap briskly/One lap easy for 20 total <u>Beg.</u> Walk 1 lap/ run 2 laps for 20 total <u>Int.</u> Run 1 X 800 @ Marathon pace + 1 X 800 @ 5K pace. Repeat X 2. Jog 1 lap between. (800 = 2 laps) <u>Adv.</u> Run 1 X 800 @ Marathon pace + 1 X 800 @ 5K pace. Repeat X 2. Jog 1 lap between. Rest 4-6 min. between sets. Repeat 2 sets of 800's. Total of 8 altogether.
THURSDAY	Walk	A.M. 40 min. walk / P.M. 50 min. walk
	Beg.	A.M. 40 min. walk / P.M. 40 min. walk/jog
	Int.	A.M. 20 min. run / P.M. 45 min. run
	Adv.	A.M. 30 min. run / P.M. 60 min. run
FRIDAY	Walk	Walk 10 min. easy/10 min. brisk X 4 for total of 80 min.
	Beg.	Walk 10 min./ run 10 min. X 4 for total of 80 min.
	Int.	Warm up 10 min., do 15 X 1 min. runs w/ 30 sec. recovery jog between and cooldown 10 min.
	Adv.	Same as above, but do 20 X 1 min. runs
SATURDAY	Walk	45 – 60 min. walk
	Beg.	45 min. walk/jog
	Int.	45 min. fartlek
	Adv.	60 min. fartlek
SUNDAY		Group run / walk – 15 miles

Week's total = approx. 65 miles

## Workouts by JQ Hansen

### MARATHON TRAINING SCHEDULE

#### WEEK TWENTY

MONDAY	Walk	Optional rest day or 60 min. walk
	Beg.	Optional rest day or 60 min. walk/jog
	Int.	60 min. easy run
	Adv.	60 min. easy run
TUESDAY		On the track, warm up 1 mile & cooldown 2 laps + 6 shakeups: Walk - 1 lap easy/1 lap brisk for total of 20 – 24 laps Beg. - Run 1 ½ laps / walk ½ lap alternating for 20 laps total Int. - Run 4 X 600's @ 5K pace w/ 1 lap jog between each. Adv. - Run 4 X 800's @ 5K pace w/ 1 lap jog between each. (600 = 1 ½ laps, 800 = 2 laps)
WEDNESDAY	Walk	A.M. 45 min. walk / P.M. 45 min. walk
	Beg.	A.M. 45 min. walk/jog / P.M. 45 min. walk/jog
	Int.	A.M. 20 min. run / P.M. 50 min. run
	Adv.	A.M. 30 min. run / P.M. 60 min. run
THURSDAY	Walk	1 ½ hour – 1 hour 45 min. walk
	Beg.	At least 90 min. run w/walks as needed
	Int.	1 hour run @ Marathon pace w/ 10 min. warm up + Cooldown.
	Adv.	10 mile run @ Marathon pace w/ 10 min. warm up + cooldown.
FRIDAY	Walk	Walk 75 min.
	Beg.	Walk/jog 75 min.
	Int.	45 min. fartlek run
	Adv.	60 min. fartlek run
SATURDAY	Walk	Optional rest day or 1 hour walk or more.
	Beg.	Optional resdy day or 1 hour walk/jog.
	Int.	Easy 45 min. run
	Adv.	A.M. Easy 30 min. / P.M. Easy 30 min.
SUNDAY		Group run / walk – 20 miles

Week's total = approx. 65 miles

Workouts by JQ Hansen

**MARATHON TRAINING SCHEDULE**

WEEK TWENTY ONE

MONDAY	Walk Beg. Int. Adv.	Optional rest day or 60 min. walk Optional rest day or 60 min. walk/jog 60 min. run 60 – 75 min. run
TUESDAY	Walk Beg. Int. Adv.	Walk 75 – 90 min. Walk & jog 75 – 90 min. 60 min. fartlek 60 – 75 min. fartlek
WEDNESDAY	Walk Beg. Int. Adv.	A.M. 45 min. walk / P.M. 45 min. walk A.M. 45 min. walk/jog / P.M. 45 min. walk/jog A.M. 20 min. run / P.M. 50 min. run A.M. 30 min. run / P.M. 60 min. run
THURSDAY		On the track, warm up 1 mile before & cool down 2 laps after: Walk - 2 laps easy/2 laps brisk for 24 laps total. Beg. - Walk 1 lap/jog 1 lap for 24 laps total. Int. - Run 1 X 800 @ Marathon pace. Walk/jog 1 lap recovery. Run 1 X 800 @ 5K pace. Do 2 sets, rest 4-6 min. between. Adv. - Run 1 X 800 @ Marathon pace. Walk/jog 1 lap recovery. Run 1 X 800 @ 5K pace. Do 2 sets (4X 800's). Rest 4-6 min. Do two more sets. (Total of 8 X 800's altogether.)
FRIDAY	Walk Beg. Int. Adv.	60 – 75 min. walk 60 min. jog w/walks as needed 45 –60 min. run 60 – 70 min. run
SATURDAY	Walk Beg. Int. Adv.	Optional rest day or 60 min. walk Optional rest day or 60 min. walk/jog 45 min. easy run A.M. 30 min. run / P.M. 30 min. easy run
SUNDAY		Group run / walk – 16 miles

Week's total = approx. 70 miles

**MARATHON TRAINING SCHEDULE**

WEEK TWENTY TWO

MONDAY	Walk	60 – 75 min. walk
	Beg.	60 min. run w/ walks as needed
	Int.	60 min. easy run
	Adv.	60 min. steady state run
TUESDAY	Walk	75 – 90 min. walk
	Beg.	60 – 75 min. run/walk
	Int.	45 min. fartlek
	Adv.	60 min. fartlek
WEDNESDAY	Walk	60 – 75 min. walk
	Beg.	75 min. run/walk
	Int.	40 – 45 min. run
	Adv.	A.M. 30 min. run P.M. 60 min. run
THURSDAY-	On the track, warm up 1 mile before & cool down 2 laps + 6 shakeups	
	Walk	2 laps easy/2 laps brisk for 24 total
	Beg.	1 lap walk/1 lap run for 24 total
	Int.-	2 X 800 @ 5K pace w/1 lap jog between, rest 5 min. & repeat.
	Adv. -	3 X 800 @ 5K pace w/1 lap jog between, rest 5 min. & repeat.
FRIDAY	Walk	60 – 75 min. walk
	Beg.	45 – 60 min. run/walk
	Int.	45 min. easy run
	Adv.	60 min. easy run
SATURDAY	Walk	45 – 60 min. walk
	Beg.	45 min. run/walk
	Int.	30 – 40 min. easy run
	Adv.	45 min. easy run
SUNDAY	Group run / walk – 20 miles	

Week's total = approx. 70 miles



Workouts by JQ Hansen  
**MARATHON TRAINING SCHEDULE**

WEEK TWENTY THREE

MONDAY	Walk Beg. Int. Adv.	60 min. walk 60 min. run w/walking as needed 60 min. easy run 60 min. steady run
TUESDAY	Walk Beg. Int. Adv.	Walk 10 min. brisk / 5 min. easy for 75 min. Run 10 min. / walk 5 min. for 75 min. Warm up 10 min., run 1 min. hard/1 min. easy X 12 + cool down 10 min. Warm up 10 min., run 1 min. hard/1 min. easy X 20 + cool down 10 min.
WEDNESDAY	Walk Beg. Int. Adv.	60 min. walk 60 min. run & walk 45 min. steady run A.M. 30 min. run P.M. 60 min. run
THURSDAY	Walk Beg. Int. Adv.	On a track, 1 lap brisk/1 lap easy for 28 laps On a track, 1 lap walk/1 lap jog for 28 laps Warm up 1 mile, stretch, 6 X 100m shakeups, Run 3 X 1000m (2 ½ laps) @ 5K pace, rest 5 min. Repeat. Cool down 1 ½ laps. Warm up 1 ½ miles, stretch, 8 X 100m shakeups, Run 3 X 1000m (2 ½ laps) @ 5K pace, rest 5 min. Repeat. Cool down 2 laps.
FRIDAY	Walk Beg. Int. Adv.	90 min. walk 75 min. run & walk 60 min. easy run A.M. 30 min. easy run P.M. 60 min. easy run
SATURDAY	Walk Beg. Int. Adv.	60 min. walk 60 min. walk & run 40 min. easy run 50 min. easy run
SUNDAY	Group run / walk – 10 miles	

Week's total = approx. 60 miles

Workout by JQ Hansen

**MARATHON TRAINING SCHEDULE**

WEEK TWENTY FOUR

MONDAY	Walk	60 min. walk
	Beg.	45 min. run/walk
	Int.	45 min. easy run
	Adv.	45 min. easy run
TUESDAY	Walk	Optional rest day
	Beg.	Optional rest day
	Int.	Warm up 10 min., stretch, run 10 X 100m shakeups, Run 20 min. easy, do 10 more 100m shakeups.
	Adv.	Warm up 10 min., stretch, run 10 X 100m shakeups, Run 30 min. easy, do 10 more 100m shakeups.
WEDNESDAY	Walk	Easy 60 min. walk
	Beg.	Easy 60 min. run/walk
	Int.	10 min. warm up, 20 min. fartlek, 10 min. cool down
	Adv.	10 min. warm up, 30 min. fartlek, 10 min. cool down
THURSDAY	Walk	45 min. walk
	Beg.	45 min. walk/jog
	Int.	30 min. easy run
	Adv.	45 min. easy run
FRIDAY		Remember: any travel day = a rest day! Otherwise, for all: 3 miles easy or 30 min. maximum. Get rest!
SATURDAY		Same, for all: 3 miles easy or 30 min. maximum. Stay hydrated!
SUNDAY		RACE DAY

