

# FIT SCHOOL



## 18-Week Fairhaven Runners & Walkers Basic Marathon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	A	G	D	H	Off or G	4 miles slow	Off
2	B	G	E	H	Off or G	5 miles slow	Off
3	C	G	F	H	Off or G	6 miles slow	Off
4	A	G	D	H	Off or G	7 miles slow	Off
5	B	H	E	H	Off or G	8 miles slow	Off
6	C	H	F	H	Off or G	9 miles slow	Off
7	A	H	D	H	Off or G	11 miles slow	Off
8	B	H	E	H	Off or G	12 miles slow	Off
9	C	I	F	H	Off or G	10 miles slow	Off
10	A	I	D	H	Off or G	14 miles slow	Off
11	B	I	E	H	Off or G	16 miles slow	Off
12	C	I	F	H	Off or G	12 miles slow	Off
13	A	I	D	H	Off or G	18 miles slow	Off
14	B	I	E	H	Off or G	20 miles slow	Off
15	C	I	F	H	Off or G	16 miles slow	Off
16	A	I	D	H	Off or G	10 miles slow	Off
17	B	H	E	H	Off or G	6 miles slow	Off
18	C	Off	3 miles slow	3 miles slow	1 mile walk	Off	<b>Marathon!</b>

For a Personalized Workout Plan designed by Coach Carol, visit <http://thefitschool.com/classes/online/>



## 18-Week Fairhaven Runners & Walkers Basic Marathon Training Plan

### SPEED/STRENGTH Workouts

**A**

10-minute slow warm-up  
(1-minute faster pace /  
1-minute very slow pace )for 28  
minutes  
10 minute slow cool-down  
\*3-Minute Core Workout  
\*\*Stretch

**B**

10-minute slow warm-up  
Find a gradual to steep hill to run up  
30-seconds at faster pace uphill /  
walk down hill / Repeat 15 times  
10 minute slow cool-down  
\*3-Minute Core Workout  
\*\*Stretch

**C**

10-minute slow warm-up  
(2 minutes faster pace /  
2 minutes very slow pace) for 28  
minutes  
10 minute slow cool-down  
\*3-Minute Core Workout  
\*\*Stretch

### TEMPO/PACING Workouts

**D**

10-minute slow warm-up  
20 minutes at comfortably hard  
pace  
10 minute slow cool-down  
\*3-Minute Core Workout  
\*\*Stretch

**E**

10-minute slow warm-up  
(3-minutes at comfortably hard  
pace/1-minute slower pace) for 28  
minutes  
10 minute slow cool-down  
\*3-Minute Core Workout  
\*\*Stretch

**F**

10-minute slow warm-up  
(10-minutes at comfortably hard  
pace/5-minute walk) x 2  
10 minute slow cool-down  
\*3-Minute Core Workout  
\*\*Stretch

### FILLER Workouts

**G**

30 minute walk  
\*3-Minute Core Workout  
\*\*Stretch

**H**

45 minute slow swim, bike,  
elliptical, roller-blade, kayak, run,  
or walk  
\*3-Minute Core Workout  
\*\*Stretch

**I**

1 hour slow walk or slow run  
\*3-Minute Core Workout  
\*\*Stretch

\*3 Minute Core Video: <https://www.youtube.com/watch?v=mhGJN-hIS70>

\*\*Stretching Video: <https://www.youtube.com/watch?v=P0Sg1MHmjY>

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Fit School ABC Training Plans™