



Fort Worth Full Marathon Novice Plan

Good for first time marathoners or those with limited training time
 Runners should start this plan running 10-15 miles per week

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Long Run)	Sunday
1	3 miles easy	CT	3 miles easy	Rest	4 miles easy plus 4 strides	6	Rest
2	4 miles easy	CT	4 miles easy	Rest	5 easy miles plus 4 strides	7	Rest
3	4 miles easy	CT	1 mile wu, 10x (30 sec fast ,90 sec easy), 1 mile cd	Rest	5 easy miles plus 4 strides	8	Rest
4	4 miles easy	CT	1 mile wu, 10 x (30 sec hill rep, jog down), 1 mile cd	Rest	5 easy miles plus 4 strides	10	Rest
5	4 miles easy	CT	1 mile wu, 10x (30 sec fast ,90 sec easy), 1 mile cd	Rest	5 easy miles plus 4 strides	10	Rest
6	4 miles easy	CT	1 mile wu, 10 x (30 sec hill rep, jog down), 1 mile cd	Rest	5 easy miles plus 4 strides	12	Rest
7	4 miles easy	CT	1 mile wu, 10x (1 min fast ,1 min easy), 1 mile cd	Rest	5 easy miles plus 4 strides	12	Rest
8	4 miles easy	CT	1 mile wu, 10 x (45 sec hill rep, jog down), 1 mile cd	Rest	5 easy miles plus 4 strides	14	Rest
9	4 miles easy	CT	1 mile wu, 10x (1 min fast ,1 min easy), 1 mile cd	Rest	6 miles easy plus 4 strides	14	Rest
10	4 miles easy	CT	1 mile wu, 10 x (45 sec hill rep, jog down), 1 mile cd	Rest	6 miles easy plus 4 strides	16	Rest
11	4 miles easy	CT	1 mile wu, 10x (2 min fast ,1 min easy), 1 mile cd	Rest	6 miles easy plus 4 strides	16	Rest
12	4 miles easy	CT	1 mile wu, 10 x (1 min hill rep, jog down), 1 mile cd	Rest	6 miles easy plus 4 strides	18	Rest
13	4 miles easy	CT	1 mile wu, 10x (2 min fast ,1 min easy), 1 mile cd	Rest	6 miles easy plus 4 strides	18	Rest
14	4 miles easy	CT	1 mile wu, 10 x (30 sec hill rep, jog down), 1 mile cd	Rest	4 miles easy plus 4 strides	12	Rest
15	4 miles easy	CT	1 mile wu, 10x (30 sec fast ,90 sec easy), 1 mile cd	Rest	4 miles easy plus 4 strides	8	Rest
16	3 miles easy	3 miles easy	3 miles easy	Rest	Rest	2 miles plus 4 strides	RACE!!

Easy - Keep the pace easy, should be able to have a conversation. A few walk breaks are fine, just keep going!

Fartleks - Keep the fast pace challenging but manageable for 10 repetitions. 5k pace or faster

Hills - Choose a moderate hill that takes more than a minute to run up. Try to get to the same place or farther each repetition. Think about good form, head up, and pump your arms.

Long Run - Biggest run of the week. Be sure to practice your hydration and fueling before, during, and after these runs.

Strides - 15 seconds working up to 90% effort, 45 seconds super easy recovery. Focus on good, relaxed form during these.

CT - 30-60 minutes of a non-running activity like walking, biking, swimming, yoga, etc.

Rest: Exactly what it says. Eat well, hydrate, get your feet up. You can only train as hard as you recover!

*If you have questions regarding this plan, reach out to info@runrelated.com. Place "FTW Marathon" in the subject

**If you'd like a more customized coaching approach, send an email to info@runrelated.com or visit RunRelated.com

