

Run-Walk Marathon Training Program

**The Run-Walk Training Program is best suited for first-time marathoners who are running at least 15 miles per week, those who are new to long distance running or injury-prone.*

DAY MODE INTENSITY I-RATE SYSTEM HEART RATE	Monday Run-Walk Easy 6-7 65-70%	Tuesday ElliptiGO + ST Moderate 7+ 70-75%	Wednesday Run-Walk Moderate 7+ 70-75%	Thursday ElliptiGO + ST Moderate 7+ 70-75%	Friday Rest Easy 6-7 65-70%	Saturday Endurance Run Conversational Pace 6-7+ 65-75%	Sunday Rest/ElliptiGO
WEEK 1	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30 minutes ElliptiGO .5-20min Strength Trainin	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30 minutes ElliptiGO 15-20min Strength Training	Rest	5 miles Run 3 min/Walk 2 min Repeat continuously	Rest
WEEK 2	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30 minutes ElliptiGO .5-20min Strength Trainin	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30 minutes ElliptiGO 15-20min Strength Training	Rest	6 miles Run 3 min/Walk 2 min Repeat continuously	Rest
WEEK 3	40 minutes Run 3 min/Walk 2 min Repeat 8 times	35 minutes ElliptiGO .5-20min Strength Trainin	40 minutes Run 3 min/Walk 2 min Repeat 8 times	30 minutes ElliptiGO 15-20min Strength Training	Rest	7 miles Run 3 min/Walk 2 min Repeat continuously	Rest
WEEK 4	40 minutes Run 3 min/Walk 2 min Repeat 8 times	35 minutes ElliptiGO .5-20min Strength Trainin	40 minutes Run 3 min/Walk 2 min Repeat 8 times	35 minutes ElliptiGO 15-20min Strength Training	Rest	5 miles Run 3 min/Walk 2 min Repeat continuously	45 minutes ElliptiGO
WEEK 5	40 minutes Run 3 min/Walk 2 min Repeat 8 times	35 minutes ElliptiGO .5-20min Strength Trainin	45 minutes Run 3 min/Walk 2 min Repeat 9 times	40 minutes ElliptiGO 15-20min Strength Training	Rest	8 miles Run 3 min/Walk 2 min Repeat continuously	Rest
WEEK 6	42 minutes Run 4 min/Walk 2 min Repeat 7 times	35 minutes ElliptiGO .5-20min Strength Trainin	45 minutes Run 3 min/Walk 2 min Repeat 9 times	40 minutes ElliptiGO 15-20min Strength Training	Rest	9 miles Run 3 min/Walk 2 min Repeat continuously	Rest
WEEK 7	42 minutes Run 4 min/Walk 2 min Repeat 7 times	40 minutes ElliptiGO .5-20min Strength Trainin	45 minutes Run 3 min/Walk 2 min Repeat 9 times	40 minutes ElliptiGO 15-20min Strength Training	Rest	6 miles Run 4 min/Walk 2 min Repeat continuously	45 minutes ElliptiGO
WEEK 8	48 minutes Run 4 min/Walk 2 min Repeat 8 times	40 minutes ElliptiGO .5-20min Strength Trainin	50 minutes Run 3 min/Walk 2 min Repeat 10 times	40 minutes ElliptiGO 15-20min Strength Training	Rest	10 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 9	48 minutes Run 4 min/Walk 2 min Repeat 8 times	45 minutes ElliptiGO .5-20min Strength Trainin	50 minutes Run 3 min/Walk 2 min Repeat 10 times	40 minutes ElliptiGO 15-20min Strength Training	Rest	12 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 10	45 minutes Run 4 min/Walk 1 min Repeat 9 times	40 minutes ElliptiGO .5-20min Strength Trainin	48 minutes Run 4 min/Walk 2 min Repeat 8 times	40 minutes ElliptiGO 15-20min Strength Training	Rest	7 miles Run 4 min/Walk 1 min Repeat continuously	50 minutes ElliptiGO

WEEK 11	50 minutes Run 4 min/Walk 1 min Repeat 10 times	45 minutes ElliptiGO .5-20min Strength Trainin	48 minutes Run 4 min/Walk 2 min Repeat 8 times	45 minutes ElliptiGO 15-20min Strength Training	Rest	14 miles Run 4 min/Walk 1 min Repeat continuously	Rest
WEEK 12	50 minutes Run 4 min/Walk 1 min Repeat 10 times	40 minutes ElliptiGO .5-20min Strength Trainin	48 minutes Run 4 min/Walk 2 min Repeat 8 times	45 minutes ElliptiGO 15-20min Strength Training	Rest	8 miles Run 5 min/Walk 1 min Repeat continuously	50 minutes ElliptiGO
WEEK 13	54 minutes Run 5 min/Walk 1 min Repeat 9 times	45 minutes ElliptiGO .5-20min Strength Trainin	50 minutes Run 4 min/Walk 1 min Repeat 10 times	45 minutes ElliptiGO 15-20min Strength Training	Rest	16 miles Run 4 min/Walk 1 min Repeat continuously	Rest
WEEK 14	42 minutes Run 5 min/Walk 1 min Repeat 7 times	40 minutes ElliptiGO .5-20min Strength Trainin	50 minutes Run 4 min/Walk 1 min Repeat 10 times	45 minutes ElliptiGO 15-20min Strength Training	Rest	8 miles Run 5 min/Walk 1 min Repeat continuously	50 minutes ElliptiGO
WEEK 15	54 minutes Run 5 min/Walk 1 min Repeat 9 times	45 minutes ElliptiGO .5-20min Strength Trainin	50 minutes Run 4 min/Walk 1 min Repeat 10 times	45 minutes ElliptiGO 15-20min Strength Training	Rest	18 miles Run 5 min/Walk 1 min Repeat continuously	Rest
WEEK 16	42 minutes Run 5 min/Walk 1 min Repeat 7 times	45 minutes ElliptiGO .5-20min Strength Trainin	54 minutes Run 5 min/Walk 1 min Repeat 9 times	45 minutes ElliptiGO 15-20min Strength Training	Rest	8 miles Run 5 min/Walk 1 min Repeat continuously	50 minutes ElliptiGO
WEEK 17	54 minutes Run 5 min/Walk 1 min Repeat 9 times	45 minutes ElliptiGO .5-20min Strength Trainin	54 minutes Run 5 min/Walk 1 min Repeat 9 times	45 minutes ElliptiGO 15-20min Strength Training	Rest	20 miles Run 5 min/Walk 1 min Repeat continuously	Rest
WEEK 18	42 minutes Run 5 min/Walk 1 min Repeat 7 times	45 minutes ElliptiGO .5-20min Strength Trainin	54 minutes Run 5 min/Walk 1 min Repeat 9 times	45 minutes ElliptiGO 15-20min Strength Training	Rest	10 miles Run 5 min/Walk 1 min Repeat continuously	45 minutes ElliptiGO
WEEK 19	48 minutes Run 5 min/Walk 1 min Repeat 8 times	35 minutes ElliptiGO .5-20min Strength Trainin	54 minutes Run 5 min/Walk 1 min Repeat 9 times	45 minutes ElliptiGO	Rest	6 miles Run 5 min/Walk 1 min Repeat continuously	Rest
WEEK 20	42 minutes Run 5 min/Walk 1 min Repeat 6 times	30 minutes ElliptiGO	30 minutes Run 5 min/Walk 1 min Repeat 5 times	Rest	30 minutes Run 5 min/Walk 1 min Repeat 5 times	Rest	Race Day! Run-Walk 5/1
Recovery Week 1	Rest	ElliptiGO 20 minutes	Rest	ElliptiGO 30 minutes	Rest	ElliptiGO 30 minutes	Rest
Recovery Week 2	ElliptiGO 40 minutes	40 minutes R/W: 4/1	ElliptiGO 40 minutes	40 minutes R/W: 4/1	ElliptiGO 40 minutes	4 miles R/W: 4/1	Rest
Recovery Week 3	40 minutes R/W: 4/1	40 minutes	Rest	40 minutes R/W: 4/1	40 minutes	5 miles R/W: 4/1	Rest
Recovery Week 4	45 minutes R/W: 4/1	40 minutes	Rest	45 minutes R/W: 4/1	40 minutes	6 miles R/W: 4/1	

Warm-up: 5 minutes in addition to the schedule workout times above at an easy pace prior to every workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: 5 minutes in addition to the schedule workout times above at an easy pace after to every workout to gradually bring heart rate and breathing back to normal levels.

i-Rate Scale: A simple way to rate your effort level by your perception or perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest, 6-7 able to talk, 8 you can hear your breathing, 9 you can hold for a few minutes and 10- being an all out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

Heart Rate: If you have a heart rate monitor, maintain a range between the prescribed percentages...i.e., 65-75% of estimated maximum heart rate.

Run-Walk Workout Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 3 minute - Walk 2 minutes - repeat sequence 8 times for a total of 40 minutes. Cool-down walking 5 minutes at an easy pace.

ElliptiGO: Riding the ElliptiGO is an effective cross training mode for half marathon training as it mimics the running motion with very low impact on the body thereby reducing the risk of injury and allowing for greater boost in training frequency, duration and intensity. The ElliptiGO gliding motion and gearing activate slightly different muscle movements versus running including the gluteals, inner thighs (adductors), quads and core - which effectively strengthens and balances the muscles, tendons and joints. It can also aid in efficient recovery and reduce burnout. The ElliptiGO is woven into this training plan as cross-training during the week and in combination with the cutback long runs to build endurance. Start and finish every ElliptiGO workout with 5 minutes of very easy paced riding and train at the prescribed effort level (eg., 7 on the iRate Scale or 70-75% heart rate).

Flexibility: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

Strength-Training (ST): Strength train with machines, weights, resistance tubes/bands or classes like pilates, toning or yoga. Include strength training exercises for your upper body, core (abdominal and trunk) and lower body twice per week. This will increase the lean muscle tissue, boost metabolism at rest and prevent muscle loss with age. If you are new to strength training, begin with 1 set per exercise for 12-15 repetitions. The goal is to fatigue the muscle as you reach the repetition range or until you can no longer perform the exercise with good, controlled form. Stick with this program for at least 4 weeks and then progress to 2-3 sets per exercise and vary the reps for 8-12 or 12-15 repetitions. Another option for your strength workout is to take a class at your gym, work with a personal trainer or perform a machine circuit. There are many ways to include resistance training in your life, find the one you enjoy the most.