

 Runkeeper™

MARATHON

17-WEEK TRAINING PLAN

 **asics**

1

INTRODUCTION

03

2

TRAINING PLAN

05

3

TIPS

10

4

GLOSSARY

11

GET MARATHON-READY

with ASICS Frontrunner Alessandra Aguilar Moran and the ASICS Runkeeper™ app

We recommend that you **download the Runkeeper™ app*** along with this guide. Together, these tools will help you accurately monitor your workouts and keep you on track with your training program.



*The Runkeeper mobile running app is available for iOS and Android. Download on the App Store or Google Play.



Inside these pages, you'll find a training plan developed by two-time Olympian and ASICS Frontrunner **Alessandra Aguilar Moran**. (More proof she knows her stuff? She placed fifth in two different Marathon Championships and has even broken world records.)

Designed for runners who can already run a 10K distance, this easy-to-follow program will help you reach your race-day goals.



RUNKEEPER DOES NOT PROVIDE MEDICAL ADVICE OR MEDICAL SERVICES: Please be aware that the company is concerned with the well-being and health of all of its users. However, the content is provided as informational only, and we do NOT provide medical or similar types of assistance or treatment services or similar advice. The content is not intended to diagnose, treat, cure or prevent any disease and is not meant to be a substitute for any medical device, medicine, treatment or professional medical advice. The content does not replace the relationship between you and your physician or other medical provider. Any action you take on the basis of the information provided is solely at your own risk.



Throughout this program, we'll use different workout types to target your whole body, helping you gain the speed, strength and flexibility you'll need on race day.

STRETCH

Before and after every workout, carve out five to ten minutes to get your muscles loose and to help prevent injury.

RUN

EASY RUN Incorporate easy (or recovery) runs with low to moderate intensity twice a week to prepare your lungs for longer distances.

RUN-SPECIFIC WORKOUT Implement fartlek and interval training once a week for a dynamic, strength-building workout.

DISTANCE RUN Incorporate one weekly run of 12 kilometers or more into your routine. Gradually increase by two or three kilometers each week.

STRENGTHEN

WHOLE BODY Prepare your muscles for longer runs by incorporating a full-body strength session of 45 minutes or less.

CORE & BACK Build these quick, 20-minute sessions into your light run days to strengthen your base and improve stability.

TRAINING PLAN

WEEKS 1-2

The first two weeks will be strictly running-focused to get your body accustomed to consistent running. You'll need to be able to comfortably run 10K in order to begin this program.

Tap on a workout to launch it in the Runkeeper app.

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
WEEK 1	10K General strength and stretching	REST	10K Stretching and active recovery	REST	10K (5K easy & 5K steady, challenging pace) General strength or core work	REST	12K (easy) Stretching and active recovery

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
WEEK 2	10K General strength and stretching	REST	12K Stretching and active recovery	REST	10K (5K easy & 5K steady, challenging pace) General strength or core work Stretching	REST	12K (easy) Stretching and active recovery

In the coming weeks, workouts will shift, targeting strength, endurance and speed to create a foundation for running a successful marathon. All parts of this plan are intended to give you a strategic, holistic approach to your training.

TRAINING PLAN

WEEKS 3-6

WEEK
3

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
12K General strength and stretching	REST	4K (easy) 6x1000M (fast) 2-min rest each 2K (easy) Stretching	REST	12K (easy) General strength or core work Stretching and active recovery	REST	15K (easy) Stretching and active recovery

WEEK
4

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
12K General strength and stretching	REST	4K (easy) 2x15 mins (fast) 2-min rest each 3K (easy) Stretching	REST	12K (easy) Stretching and active recovery	REST	16K (easy) Stretching and active recovery

WEEK
5

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
14K (easy) General strength and stretching	REST	4K (easy) 4x2000M (fast) 2-min rest each 2K (easy) Stretching and active recovery	REST	12K (easy) Stretching and active recovery	REST	18K (easy) Stretching and active recovery

WEEK
6

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
14K (easy) General strength and stretching	REST	4K (easy) 3x10 mins (fast) 2-min rest each 3K (easy) Stretching and active recovery	REST	12K (easy) General strength or core work Stretching and active recovery	REST	20K (easy) Stretching and active recovery



TRAINING PLAN

WEEKS 7-10

WEEK
7

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
15K (easy) General strength and stretching	REST	4K ^(easy) 3x3000M (fast) 2-min rest each 2K ^(easy) Stretching and active recovery	REST	12K (easy) General strength or core work Stretching and active recovery	REST	18K (easy) Stretching and active recovery

WEEK
8

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
15K (easy) General strength and stretching	REST	4K ^(easy) 2x15 mins (fast) 2-min rest each 3K ^(easy) Stretching and active recovery	REST	12K (easy) General strength or core work Stretching and active recovery	REST	20K (easy) Stretching and active recovery

WEEK
9

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
15K (easy) General strength and stretching	REST	4K ^(easy) 2x5000M (fast) 2-min rest each 2K ^(easy) Stretching and active recovery	REST	12K (easy) Stretching and active recovery	REST	20K (easy) Stretching and active recovery

WEEK
10

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
15K (easy) General strength and stretching	REST	4K ^(easy) 5x2000M (fast) 2-min rest each 2K ^(easy) Stretching and active recovery	REST	13K (easy) General strength or core work Stretching and active recovery	REST	22K (easy) Stretching



TRAINING PLAN

WEEKS 11-14

WEEK
11

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
15K (easy) General strength and stretching	REST	4K ^(easy) 3x3000M (fast) 2-min rest each 2K ^(easy) Stretching and active recovery	REST	13K (easy) General strength or core work Stretching and active recovery	REST	24K (easy) Stretching

WEEK
12

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
15K (easy) General strength and stretching	REST	4K ^(easy) 1000M (fast) 2000M (fast) 3000M (fast) 4000M (fast) 2-min rest each 2K ^(easy) Stretching and active recovery	REST	12K (easy) General strength or core work Stretching and active recovery	REST	25K (easy) Stretching or active recovery

WEEK
13

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
13K (easy) General strength and stretching	REST	4K ^(easy) 4x3000M (fast) 2-min rest each 2K ^(easy) Stretching or active recovery	REST	12K (easy) General strength or core work Stretching or active recovery	REST	24K (easy) Stretching or active recovery

WEEK
14

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
15K (easy) General strength and stretching	REST	4K ^(easy) 2x6000M (fast) 2-min rest each 2K ^(easy) Stretching and active recovery	REST	12K (easy) General strength or core work Stretching and active recovery	REST	20K (easy) Stretching and active recovery



TRAINING PLAN

WEEKS 15-17

WEEK
15

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
10K (easy) General strength and stretching	REST	4K ^(easy) 14K (race pace) 2K ^(easy) Stretching and active recovery	REST	13K (easy) General strength or core work Stretching and active recovery	REST	18K (easy) Stretching and active recovery

WEEK
16

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
15K (easy) General strength and stretching	REST	4K ^(easy) 8x1000M (fast) 2-min rest each 2K ^(easy) Stretching and active recovery	REST	12K (easy) Stretching and active recovery	REST	14K (easy) Stretching and active recovery

WEEK
17

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
12K (easy) General strength and stretching	REST	10K (easy) Stretching and active recovery	REST	6K (easy) Stretching and active recovery	REST	 RACE DAY!

And just like that, your training is done! Congratulations on setting a goal, sticking to a plan and seeing it through to the end. Now all that's left is to apply what you've learned to the big race.

GOOD LUCK IN THE MARATHON!



TRAINING TIPS

1. HYDRATION

Proper hydration allows your heart to pump more blood, making your muscles work more efficiently. Make sure to hydrate every five kilometers while training. To practice hydrating at intervals, try running loops around your house or recruiting a friend to tag along on a bike with water.

2. NUTRITION

Most big races will provide gels on the day, but they take some getting used to and can cause stomach problems if you don't experiment with them first. Prepare yourself by using them as you train—it'll mean one less surprise on marathon day.

3. MOTIVATION

Setting goals and checkpoints is a great way to stay focused and motivated as you train. You can also try training with a group, listening to music or rhythmic breathing. Find what works for you and stick with it—training your mind is half the battle.

4. DIET

For peak performance, maintain a balanced diet when training. Don't shy away from carbohydrates—they'll help your body recover—and remember to eat energy-rich fats like avocado, olive oil and bacon. Make space on your plate for vegetables, fruits, fish, meats and legumes as well. And don't be afraid to have a little dark chocolate... it's good for you!

5. REST

Race training is stressful, and your body needs time to recover. During rest periods, your body purifies metabolic waste from exercise, repairs tissue and generates enzymes. Recovery time allows energy stores to replenish and muscles to repair. Take your rest days seriously—you need them.

5. SLEEP

Race training asks a lot of your body, so make sure you're getting at least eight hours of good sleep a night. It's also best to set a schedule: try to go to bed and rise at around the same time each day (yep—even on weekends!).

TRAINING GLOSSARY

SHORT-INTERVAL WORKOUTS A run using either time or distance to break up high-intensity exercise with low-intensity recovery periods. (For example, you might do an interval workout by distances, like 4x400m, or time, like 4x3 minutes.) Run these distances or times while switching between high and low effort. Interval workouts teach your body to adapt to running at a fast pace while simultaneously improving form, endurance and fat burning.

LONG-INTERVAL WORKOUTS Similar to short-interval workouts, these runs require quick changes in tempo, with the high-intensity intervals extending for longer periods of time to strengthen your body and build your aerobic base.

REPEATS Repetition helps train your mind and body to acclimate to a specific distance. For example, running 10x500m will help you to develop strength and endurance as your reps increase.

TEMPO WORKOUTS A medium- to-high-intensity aerobic endurance run. The goal is to be just above your anaerobic threshold. Tempo runs should feel a little outside of your comfort zone—you may feel short of breath, but shouldn't be gasping for air. Tempo runs help increase your lactate threshold, making it easier to run faster paces for longer periods of time. Tempo runs also help improve focus and mental strength by mimicking the same feelings experienced while racing (ex. 10 kms at 3'30" pace).

SPEED WORKOUTS Short intervals run at a fast pace. The speedwork helps you develop a second gear when nearing the end of a race. Speed workouts are typically harder and are most effective after building up a strong aerobic base. Before starting a speed workout, make sure to warm up properly with one to two easy miles and thorough stretching.

EASY RUNS Done at a conversational pace which can be maintained for an extended period of time. If you are breathing heavily and can only speak in short bursts, you are running too fast.

FARTLEK WORKOUTS Swedish for "speed play," fartleks are all about feel. Alternate between fast-paced and slower, recovery-paced running in a more unstructured way. This stress-free workout uses geographical landmarks (like street lights, stop signs or trees) to indicate pace alterations. Fartleks are supposed to improve mind-body awareness, mental strength and stamina by not prescribing set paces.

LONG RUNS Consistent running at an easy pace for an extended period of time.

TRAINING GLOSSARY

- UPTEMPO LONG RUNS** Integrate harder, faster, race-paced running into your weekly long run (ex. 10 kms medium intensity + 12 kms race pace + 2 kms easy pace).
- CORE WORK** Ab workouts, planks and push-ups are great for strengthening your abdomen and lower back, giving you more control over your center of gravity and improving balance.
- STRETCHING** Stretch in order to increase muscle control, flexibility and range of motion. This will also help alleviate cramps and reduce risk of injury. While stretching, remain stationary (try not to bounce!). Activate all of your major muscles and hold each position for 30 seconds.
- CRYOTHERAPY** Ice for both injury prevention and relief from achiness. If there are any spots in particular that are sources of discomfort, apply ice or cold packs for no more than ten minutes. (Ice baths are also a useful tool in injury prevention. Fill a bathtub with cold water and ice then submerge your legs—it will feel uncomfortable at first, but will subside after the first two minutes.)
- CONTRAST HYDROTHERAPY** Switching between hot and cold water can be beneficial for increasing blood circulation when calves, soleus or other tendons are sore or inflamed.
- PROGRESSION RUN** Start at an easy, conversational pace, and gradually become faster, increasing intensity as each kilometer passes.
- TAPERING** The gradual reduction of training intensity and duration as race day approaches. The taper typically begins two to three weeks before competition. This is done to give the body ample time to recover and repair before being faced with race day. Reduce training during this period, but don't cease physical activity altogether.