



# MARATHON

17-WEEK TRAINING PLAN

# GET MARATHON READY

with ASICS Ambassador Braden Currie and the ASICS Runkeeper™ app

**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.

 Runkeeper™



## BRADEN CURRIE

### Feeling of crossing the finish line

Nothing compares to the feeling of crossing the finish line. After all the hard work you've done, to complete the goal you've set yourself will become a moment to remember forever.

#### 3 TOP TIPS FOR TRAINING:

**Structure** - Set yourself a goal and give yourself time to implement a plan to reach that goal.

**Balance** - Being able to consistently train is a great benefit but can only be achieved if you listen to your body and rest when you need to.

**Stretching** - Staying mobile through stretching is incredibly important. This makes running easier and helps avoid injuries.

#### ON THE DAY TIPS:

**Nutrition** - Have your meal/snack/hydration plan ready to go! This can be an on day gamechanger!

**Mental State** - What's your "why"? Have a mantra and run it through your head during race day.

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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

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 interval training and fartlek (a Swedish speed technique) 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 kilometres 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.

**Easy** = Can talk/maintain a conversation while running.

**Steady** = Faster than Easy, stable breathing & pace. Can talk, but short sentences only.

**Fast** = Faster than Steady, slower than Race Pace. Can still talk, but only a few words at a time.

**Race Pace** = Goal pace for race day.

WEEK 01	MON	TUES	WED	THU	FRI	SAT	SUN
	<b>10K</b> EASY General Strength and Stretching	REST	<b>10K</b> EASY General Strength and Stretching	REST	<b>2.5km</b> Easy <b>5km</b> Steady <b>2.5km</b> Easy General Strength or Core work and Stretching	REST	<b>12K</b> EASY Stretching and Active Recovery

WEEK 02	MON	TUES	WED	THU	FRI	SAT	SUN
	<b>10K</b> EASY General Strength and Stretching	REST	<b>10K</b> EASY General Strength and Stretching	REST	<b>2.5km</b> Easy <b>5km</b> Steady <b>2.5km</b> Easy General Strength or Core work and Stretching	REST	<b>14K</b> 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 03

MON	TUES	WED	THU	FRI	SAT	SUN
<b>12K</b> EASY General Strength and Stretching	REST	<b>4km</b> Easy <b>6x1km</b> Fast (2mins rest) <b>2.5km</b> Easy	REST	<b>12K</b> EASY General Strength or Core work Stretching and Active Recovery	REST	<b>16K</b> EASY Stretching and Active Recovery

WEEK 04

MON	TUES	WED	THU	FRI	SAT	SUN
<b>12K</b> EASY General Strength and Stretching	REST	<b>4km</b> Easy <b>3x2km</b> Fast (2mins rest) <b>2km</b> Easy	REST	<b>12K</b> EASY Stretching and Active Recovery	REST	<b>18K</b> EASY Stretching and Active Recovery

WEEK 05

MON	TUES	WED	THU	FRI	SAT	SUN
<b>14K</b> EASY General Strength and Stretching	REST	<b>4km</b> Easy <b>4x2km</b> Fast (2mins rest) <b>2km</b> Easy	REST	<b>10K</b> EASY Stretching and Active Recovery	REST	<b>20K</b> EASY Stretching and Active Recovery

WEEK 06

MON	TUES	WED	THU	FRI	SAT	SUN
<b>14K</b> EASY General Strength and Stretching	REST	<b>4km</b> Easy <b>3x10mins</b> Fast (2mins rest) <b>2km</b> Easy	REST	<b>12K</b> EASY General Strength or Core work Stretching and Active Recovery	REST	<b>20K</b> EASY Stretching and Active Recovery

# TRAINING PLAN

WEEKS 7–10

WEEK 07

MON	TUES	WED	THU	FRI	SAT	SUN
<b>15K</b> EASY General Strength and Stretching	REST	<b>4km</b> Easy <b>3x3km</b> Fast (2mins rest) <b>2km</b> Easy	REST	<b>12K</b> Easy General Strength or Core work Stretching and Active Recovery	REST	<b>22K</b> EASY Stretching and Active Recovery

WEEK 08

MON	TUES	WED	THU	FRI	SAT	SUN
<b>15K</b> EASY General Strength and Stretching	REST	<b>4km</b> Easy <b>2x15 Mins</b> Fast (2mins rest) <b>4km</b> Easy	REST	<b>14K</b> EASY General Strength or Core work Stretching and Active Recovery	REST	<b>25K</b> EASY Stretching and Active Recovery

WEEK 09

MON	TUES	WED	THU	FRI	SAT	SUN
<b>16K</b> EASY General Strength and Stretching	REST	<b>4km</b> Easy <b>2x5km</b> Fast (2mins rest) <b>2km</b> Easy	REST	<b>12K</b> EASY Stretching and Active Recovery	REST	<b>28K</b> EASY Stretching and Active Recovery

WEEK 10

MON	TUES	WED	THU	FRI	SAT	SUN
<b>14K</b> EASY General Strength and Stretching	REST	<b>4km</b> Easy <b>5x2km</b> Fast (2mins rest) <b>2km</b> Easy	REST	<b>14K</b> EASY General Strength or Core work Stretching and Active Recovery	REST	<b>30K</b> EASY Stretching and Active Recovery



# TRAINING PLAN

WEEKS 11–14

WEEK 11

MON	TUES	WED	THU	FRI	SAT	SUN
<b>13K</b> Easy General Strength and Stretching	REST	<b>4km</b> Easy <b>4x3km</b> Fast (2mins rest) <b>2km</b> Easy	REST	<b>14K</b> EASY General Strength or Core work Stretching and Active Recovery	REST	<b>25K</b> EASY Stretching and Active Recovery

WEEK 12

MON	TUES	WED	THU	FRI	SAT	SUN
<b>16K</b> EASY General Strength and Stretching	REST	<b>4km</b> Easy <b>14K</b> RACE PACE <b>2km</b> Easy	REST	<b>14K</b> EASY General Strength or Core work Stretching and Active Recovery	REST	<b>34K</b> EASY Stretching and Active Recovery

WEEK 13

MON	TUES	WED	THU	FRI	SAT	SUN
<b>12K</b> EASY General Strength and Stretching	REST	<b>4km</b> Easy <b>5x3km</b> Fast (2mins rest) <b>2km</b> Easy	REST	<b>14K</b> EASY General Strength or Core work Stretching and Active Recovery	REST	<b>25K</b> EASY Stretching and active recovery

WEEK 14

MON	TUES	WED	THU	FRI	SAT	SUN
<b>16K</b> EASY General Strength and Stretching	REST	<b>4km</b> Easy <b>2x6km</b> Fast (2mins rest) <b>2km</b> Easy	REST	<b>12K</b> EASY General Strength or Core work Stretching and Active Recovery	REST	<b>30K</b> EASY Stretching and Active Recovery

# TRAINING PLAN

WEEKS 15—17

WEEK 15

MON	TUES	WED	THU	FRI	SAT	SUN
<b>10K</b> Easy General Strength and Stretching	REST	<b>4km</b> Easy <b>14K</b> Race Pace <b>2km</b> Easy	REST	<b>14K</b> EASY General Strength or Core work Stretching and Active Recovery	REST	<b>20K</b> EASY Stretching and Active Recovery

WEEK 16

MON	TUES	WED	THU	FRI	SAT	SUN
<b>12K</b> EASY General Strength and Stretching	REST	<b>4km</b> Easy <b>8x1km</b> Fast (2mins rest) <b>2km</b> Easy	REST	<b>10K</b> EASY Stretching and Active Recovery	REST	<b>12K</b> EASY Stretching and Active Recovery

WEEK 17

MON	TUES	WED	THU	FRI	SAT	SUN
<b>8K</b> EASY General Strength and Stretching	REST	<b>6K</b> EASY General Strength and Stretching	REST	<b>4K</b> EASY Stretching and Active Recovery	<b>2km</b> Very Easy/Walk	<b>RACE DAY!</b> 

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

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## 1. HYDRATION

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

## 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.

## 6. 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

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## 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.

## ANAEROBIC THRESHOLD

Training for a marathon places your internal systems in a state of stress. From the absence of oxygen to the elevated heart rate - your body is affected by running in a number of ways. It's important to be mindful of these stresses and your ability to handle them while exerting yourself to the maximum. Finding balance throughout and avoiding overtraining syndrome is a vital element to success. To find that balance, monitor your heart rate. Take a reading when your heart is at rest and when your heart is working at its maximum. There are a number of different techniques and no individual is the same, we recommend researching what's right for you.

## 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 speed work 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.

# TRAINING GLOSSARY

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- 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.
- STRETCH** 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!). Hold each position for 30 seconds.
- CRYO THERAPY** 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 HYDRO THERAPY** Switching between hot and cold water can be beneficial for increasing blood circulation when calve muscles, or other tendons are sore or inflamed.
- PROGRESSION RUN** Start at an easy, conversational pace, and gradually become faster, increasing intensity as each kilometre 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.
- 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.

# TRAINING GLOSSARY

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**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.

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