Beginning Marathon Training Program

The Beginning Program is best suited for first time marathoners and those who have been running 3-4 times per week for 40-50 minutes for at least 6 months. If you are running less consider the Run-Walk Half Marathon Training Program.

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

WEEK 10	40 minutes	50 minutes ElliptiGO 15-20min Strength Training	50 minutes	40 minutes ElliptiGO 15-20min Strength Training	Run: 8 miles	60 minutes ElliptiGO	Rest
WEEK 11	50 minutes	45 minutes ElliptiGO 15-20min Strength Training	50 minutes	40 minutes ElliptiGO 15-20min Strength Training	Run: 30 minutes	14 miles	Rest
WEEK 12	45 minutes	50 minutes ElliptiGO 15-20min Strength Training	50 minutes	40 minutes ElliptiGO 15-20min Strength Training	Run: 8 miles	60 minutes ElliptiGO	Rest
WEEK 13	50 minutes	45 minutes ElliptiGO 15-20min Strength Training	60 minutes	45 minutes ElliptiGO 15-20min Strength Training	Rest	16 miles	Rest
WEEK 14	45 minutes	50 minutes ElliptiGO 15-20min Strength Training	50 minutes	45 minutes ElliptiGO 15-20min Strength Training	Run: 10 miles	70 minutes ElliptiGO	Rest
WEEK 15	50 minutes	50 minutes ElliptiGO 15-20min Strength Training	60 minutes	45 minutes ElliptiGO 15-20min Strength Training	Run: 30 minutes	18 miles	Rest
WEEK 16	45 minutes	50 minutes ElliptiGO 15-20min Strength Training	50 minutes	45 minutes ElliptiGO 15-20min Strength Training	Run: 8 miles	70 minutes ElliptiGO	Rest
WEEK 17	50 minutes	50 minutes ElliptiGO 15-20min Strength Training	60 minutes	45 minutes ElliptiGO 15-20min Strength Training	Run: 30 minutes	20 miles	Rest
WEEK 18	45 minutes	50 minutes ElliptiGO 15-20min Strength Training	50 minutes	45 minutes ElliptiGO 15-20min Strength Training	Run: 30 minutes	10 miles	Rest
WEEK 19	45 minutes	45 minutes ElliptiGO 15-20min Strength Training	50 minutes	45 minutes ElliptiGO	Run: 30 minutes	6 miles	Rest
WEEK 20	40 minutes	30 minutes ElliptiGO	30 minutes	Rest	Run: 30 minutes	Rest	**Race Day!**
Recovery Week 1	Rest	ElliptiGO 20 minutes	Rest	ElliptiGO 20-30 minutes	Rest	ElliptiGO 30 minutes	Run: 30 minutes
Recovery Week 2	Rest	ElliptiGO 30 minutes	Run: 30 minutes	ElliptiGO 30 minutes	Rest	4-5 miles	Rest
Recovery Week 3	ElliptiGO 40 minutes	Run: 40 minutes	Rest	ElliptiGO 40 minutes	Rest	6 miles	ElliptiGO 40 minutes
Recovery Week 4	Rest	Run: 45 minutes	ElliptiGO 40 minutes	Run: 45 minutes	ElliptiGO 40 minutes	7 miles	Rest

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.

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

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

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)

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 (e.g., 7 on the iRate Scale or 70-75% heart rate).