

FOUR KEYS TO SUCCESS IN RUNNING YOUR NEXT MARATHON

BY JAWN ANGUS

Maybe you've already conquered a marathon or two. Maybe you've always wanted to tackle a marathon but got lost somewhere in the uncertainty of the training quagmire. For most people, running a marathon is one of those intimidating bucket-list items that is often pushed down the list in favor of experiences that require less of a time commitment. The distance, 26.2 miles, may also seem daunting and unattainable, but do not let this intimidate you. If you have some patience and a plan, running a marathon can be achieved in as little as 20 weeks. You will gain confidence, look and feel better, and improve your mindset in the process. Whether you're starting out or need a routine recalibration, the following are some tips to pave the way for success on the path to your next marathon.

BE PATIENT.

Most of us take twenty years to get out of shape, but we want to get back into shape in twenty days. It is important for runners to strength-train as this prevents common injuries, and this takes time.

A good training plan will provide time to strengthen the body for the physical training that it will endure. New runners can also start with jog or walk workouts. Jogging for a short period of time followed by a brief session of walking is great for beginners; it's the first step to experiencing long durations on your feet while only jogging a fraction of the workout. This strengthens the mind and builds confidence over time.

GET THE PROPER EQUIPMENT.

Shoes are the most important equipment for a runner. A good pair of shoes will set a runner up for success and consequently, a great marathon experience. A local running store has professionals who fit runners in shoes that work with different foot types and running styles. Most local running stores allow consumers to run in a pair of shoes for thirty days on a trial basis. To avoid blisters and chaffing on the body, you should also run in high-quality fitness gear. Look for technical fabrics like polyester, spandex, and nylon as these fabrics stretch while you run, helping to wick sweat in the process. If training during the winter months, it is imperative to buy cold-weather running gear. A warm, but lightweight hat or headband that covers your ears makes it tolerable to run on those cold winter mornings. Most running hats also have a nifty slot in the back for runners with ponytails. In addition, gloves and a running jacket are ideal for wet and windy runs. Investing in a GPS-enabled running watch is also highly recommended. Activity trackers are great, but a GPS watch will track distance, time, pace, calories, and sometimes cadence, altitude, and heart rate depending on the type and model.



KEEP IT POSITIVE.

Finishing a marathon is a major achievement. A good goal for your first marathon is to finish strong and with a smile on your face. Training for a marathon is a major time commitment, physical challenge, and a financial investment. Keep the training process positive and avoid stressors such as finishing under a certain time or placing in your age group; save that ambition for the next one. Keeping lofty goals and expectations at bay are keys to a successful experience.

HAVE A PLAN.

There are many intangibles when following a marathon training program. Nutrition and rest/recovery are vital during training. Experiment with foods and hydration before, during, and after your training to find what works best for you. Expect a training plan to incorporate interval workouts, hilly runs, cross-training, strength-training, and long runs. It is also important to dial into a specific race pace. Observe your paces during long runs and find a pace that can be comfortably run. Lock into your desired pace early in the race and keep it throughout the marathon. This strategy will ensure you finish with a smile on your face. Friends will be in awe at your marathon-finishing photo where you are beaming from ear to ear.



20 WEEK BEGINNER-INTERMEDIATE-ADVANCED RUNNING PROGRAM

Beginners - Very little or no running experience with some experience in hiking, yoga, walking, or other general activities.

Intermediate - Running a few times a week for several months and can comfortably run 3-4 miles. Also have experience with cross-training, such as CrossFit, racquet sports, hiking, basketball, biking, yoga, swimming, etc.

Advanced - Consistently running over 25-30 miles per week for at least several months and have experience with cross-training.

Every 4th week is an easier week to give our bodies a little more time to rest/relax. The weekly volume/mileage generally increases 10-20% each week. After week 4, the beginners switch from tracking their volume in time (minutes) to miles. The sooner you go online and register for a race, the better! Being financially committed to a race gives us that extra motivation. Also, to break up training, there are several training races to run throughout your 20-week journey. Included in this plan is a 5k race at week 4, a 10k race at week 12, and a half marathon at week 16. Adding in races along the way allows us to practice race-day nutrition and hydration and mimics the excitement and nervousness that we will feel on marathon morning. Treat these smaller races as dress-rehearsals to prepare for your big day!

WEEK 1 BEGINNER INTERMEDIATE ADVANCED	MONDAY Jog / Walk 25' 3M EZ 4M EZ	TUESDAY cross-train cross-train cross-train	WEDNESDAY Jog / Walk 25' 4M Fartlek 6M Fartlek	THURSDAY REST REST REST	FRIDAY Jog / Walk 20' 3M EZ + strides 5M EZ + strides	SATURDAY Jog / Walk 35' 5M LR 7M LR	SUNDAY strength / cross-train strength / cross-train 4M EZ	MILES 105' 15M 26M
WEEK 2 BEGINNER INTERMEDIATE ADVANCED	MONDAY Jog / Walk 30' 4M EZ 5M EZ	TUESDAY cross-train cross-train cross-train	WEDNESDAY Jog / Walk 25' 4M Fartlek 6M Fartlek	THURSDAY REST REST REST	FRIDAY Jog / Walk 20' 4M EZ + strides 6M EZ + strides	SATURDAY Jog / Walk 40' 6M LR 8M LR	SUNDAY strength / cross-train strength / cross-train 4M EZ	MILES 115' 18M 29M
WEEK 3 BEGINNER INTERMEDIATE ADVANCED	MONDAY Jog / Walk 30' 4M EZ 5M EZ	TUESDAY cross-train cross-train cross-train	WEDNESDAY Jog / Walk 30' 5M Fartlek 7M Fartlek	THURSDAY REST REST REST	FRIDAY Jog / Walk 20' 4M EZ + strides 6M EZ + strides	SATURDAY Jog / Walk 45' 7M LR 10M LR	SUNDAY strength / cross-train strength / cross-train 4M EZ	MILES 125' 20M 32M
WEEK 4 BEGINNER INTERMEDIATE ADVANCED	MONDAY Jog / Walk 2M 4M EZ 5M EZ	TUESDAY cross-train or rest cross-train or rest cross-train or rest	WEDNESDAY Jog / Walk 3M 5M Fartlek 7M Fartlek	THURSDAY REST REST REST	FRIDAY Jog / Walk 2M 4M EZ + strides 6M EZ + strides	SATURDAY 5k RACE + 1M 5k RACE + 2M 5k RACE + 2M	SUNDAY Recovery Walk Recovery Walk 4M EZ	MILES 11M 18M 27M
WEEK 5 BEGINNER INTERMEDIATE ADVANCED	MONDAY Jog / Walk 3M 4M EZ 5M + hills	TUESDAY cross-train cross-train cross-train	WEDNESDAY 4M Fartlek 5M + hills 7M Tempo	THURSDAY REST REST REST	FRIDAY Jog / Walk 2M 4M EZ + strides 6M EZ + strides	SATURDAY 5M LR 8M LR 12M LR	SUNDAY Recovery Walk 2M EZ 4M EZ	MILES 14M 23M 34M
WEEK 6 BEGINNER INTERMEDIATE ADVANCED	MONDAY Jog / Walk 4M 5M EZ 5M + hills	TUESDAY cross-train cross-train cross-train	WEDNESDAY 4M Fartlek 5M + hills 8M Tempo	THURSDAY REST REST REST	FRIDAY Jog / Walk 2M 4M EZ + strides 6M EZ + strides	SATURDAY 6M LR 9M LR 13M LR	SUNDAY Recovery Walk 2M EZ 4M EZ	MILES 16M 25M 36M
WEEK 7 BEGINNER INTERMEDIATE ADVANCED	MONDAY Jog / Walk 4M 5M EZ 5M + hills	TUESDAY cross-train cross-train cross-train	WEDNESDAY 4M Fartlek 5M + hills 8M Tempo	THURSDAY REST REST REST	FRIDAY 3M EZ + strides 4M EZ + strides 6M EZ + strides	SATURDAY 4M Fartlek 7M LR 10M LR 14M LR	SUNDAY Recovery Walk 3M EZ 5M EZ	MILES 18M 27M 38M
WEEK 8 BEGINNER INTERMEDIATE ADVANCED	MONDAY REST 5M EZ 5M EZ	TUESDAY cross-train cross-train cross-train	WEDNESDAY 4M EZ + strides 4M EZ + strides 6M EZ + strides	THURSDAY REST REST REST	FRIDAY 3M EZ + strides 4M EZ + strides 6M EZ + strides	SATURDAY 5M LR 7M LR 10M LR	SUNDAY 2M EZ 3M EZ Recovery 5M EZ Recovery	MILES 14M 23M 32M
WEEK 9 BEGINNER INTERMEDIATE ADVANCED	MONDAY 3M EZ 5M EZ 6M Fartlek	TUESDAY cross-train cross-train cross-train	WEDNESDAY 4M + hills 5M Tempo 8M Tempo	THURSDAY REST REST REST	FRIDAY 3M EZ + strides 4M EZ + strides 6M EZ + strides	SATURDAY 8M LR 12M LR 15M LR	SUNDAY 2M EZ 4M EZ 5M EZ	MILES 20M 30M 40M
WEEK 10 BEGINNER INTERMEDIATE ADVANCED	MONDAY 3M EZ 5M EZ + strides 6M Fartlek	TUESDAY cross-train cross-train cross-train	WEDNESDAY 4M Fartlek 6M Tempo 9M Tempo	THURSDAY REST REST REST	FRIDAY 4M EZ + strides 5M EZ + strides 7M EZ + strides	SATURDAY 4M Fartlek 9M LR 14M LR 17M LR	SUNDAY 2M EZ 4M EZ 5M EZ	MILES 22M 34M 44M
WEEK 11 BEGINNER INTERMEDIATE ADVANCED	MONDAY 3M EZ + strides 6M Fartlek 7M Fartlek	TUESDAY cross-train cross-train cross-train	WEDNESDAY 4M Fartlek 6M Tempo 10M Tempo	THURSDAY REST REST REST	FRIDAY 4M EZ + strides 5M EZ + strides 7M EZ + strides	SATURDAY 11M LR 15M LR 18M LR	SUNDAY 3M EZ 5M EZ 6M EZ	MILES 25M 37M 48M
WEEK 12 BEGINNER INTERMEDIATE ADVANCED	MONDAY 3M EZ + strides 5M EZ + strides 7M EZ + strides	TUESDAY cross-train cross-train cross-train	WEDNESDAY 4M Fartlek 6M EZ + strides 9M EZ + strides	THURSDAY REST REST REST	FRIDAY 4M EZ + strides 5M EZ + strides 7M EZ + strides	SATURDAY 10k RACE + 3M EZ 10k RACE + 3M EZ 10k RACE + 5M EZ	SUNDAY REST or cross-train 5M EZ 6M EZ	MILES 20M 30M 40M
WEEK 13 BEGINNER INTERMEDIATE ADVANCED	MONDAY 3M EZ + strides 6M Fartlek 7M Fartlek	TUESDAY cross-train cross-train 4M EZ + strides	WEDNESDAY 4M Fartlek 7M Tempo 8M Tempo	THURSDAY REST REST REST	FRIDAY 4M EZ + strides 5M EZ + strides 7M EZ + strides	SATURDAY 12M LR 15M LR 18M LR	SUNDAY 4M EZ 6M EZ 6M EZ	MILES 27M 39M 50M
WEEK 14 BEGINNER INTERMEDIATE ADVANCED	MONDAY 4M EZ + strides 7M EZ + strides 7M Fartlek	TUESDAY cross-train cross-train 5M EZ + strides	WEDNESDAY 4M Fartlek 8M Tempo 9M Tempo	THURSDAY REST REST REST	FRIDAY 4M EZ + strides 5M EZ + strides 7M EZ + strides	SATURDAY 14M LR 17M LR 20M LR	SUNDAY 4M EZ 6M EZ 6M EZ	MILES 30M 43M 54M
WEEK 15 BEGINNER INTERMEDIATE ADVANCED	MONDAY 4M EZ + strides 7M EZ + strides 7M Fartlek	TUESDAY cross-train cross-train 6M EZ + strides	WEDNESDAY 5M Fartlek 9M Tempo 11M Tempo	THURSDAY REST REST REST	FRIDAY 4M EZ + strides 7M EZ + strides 7M EZ + strides	SATURDAY 16M LR 18M LR 22M LR	SUNDAY 4M EZ 6M EZ 7M EZ	MILES 33M 47M 60M
WEEK 16 BEGINNER INTERMEDIATE ADVANCED	MONDAY 3M EZ + strides 6M Fartlek 7M Fartlek	TUESDAY cross-train cross-train cross-train	WEDNESDAY 4M Fartlek 7M Tempo 9M Tempo	THURSDAY REST REST REST	FRIDAY 3M EZ + strides 3M EZ + strides 5M EZ + strides	SATURDAY Half Marathon Half Marathon Half Marathon	SUNDAY 4M EZ 6M EZ 6M EZ	MILES 27M 35M 40M
WEEK 17 BEGINNER INTERMEDIATE ADVANCED	MONDAY 4M EZ + strides 7M EZ + strides 10M Fartlek	TUESDAY cross-train cross-train 7M EZ + strides	WEDNESDAY 6M Fartlek 10M Tempo 13M Tempo	THURSDAY REST REST REST	FRIDAY 6M EZ + strides 8M EZ + strides 8M EZ + strides	SATURDAY 17M LR 19M LR 20M LR	SUNDAY 4M EZ 6M EZ 7M EZ	MILES 37M 50M 65M
WEEK 18 BEGINNER INTERMEDIATE ADVANCED	MONDAY 4M EZ + strides 7M EZ + strides 10M Fartlek	TUESDAY cross-train 6M EZ 7M EZ + strides	WEDNESDAY 5M Fartlek 9M Tempo 13M Tempo	THURSDAY REST REST 4M EZ	FRIDAY 6M EZ + strides 7M EZ + strides 7M EZ + strides	SATURDAY 18M LR 20M LR 22M LR	SUNDAY 4M EZ 6M EZ 7M EZ	MILES 37M 55M 70M
WEEK 19 BEGINNER INTERMEDIATE ADVANCED	MONDAY 4M EZ + strides 7M EZ + strides 7M Fartlek	TUESDAY cross-train or REST cross-train or REST cross-train or 5M EZ	WEDNESDAY 5M Fartlek 9M Tempo 11M Tempo	THURSDAY REST REST REST	FRIDAY 4M EZ + strides 7M EZ + strides 7M EZ + strides	SATURDAY 12M LR 12M LR 14M LR	SUNDAY 4M EZ 6M EZ 7M EZ	MILES 29M 41M 46-51M
WEEK 20 BEGINNER INTERMEDIATE ADVANCED	MONDAY 4M EZ 5M EZ 5M EZ	TUESDAY REST REST REST	WEDNESDAY 5M EZ (1M @ RP) 6M EZ (1M @ RP) 7M EZ (1M @ RP)	THURSDAY REST REST REST	FRIDAY 3M EZ + strides 3M EZ + strides 3M EZ + strides	SATURDAY MARATHON RACE: 20' EZ Recovery MARATHON RACE: 20' EZ Recovery MARATHON RACE: 20' EZ Recovery	SUNDAY 20' EZ Recovery 20' EZ Recovery 20' EZ Recovery	

CHART KEY

- **EZ:** Easy pace
- **LR:** Long Run
- **Cross-Train:** Hiking, swimming, biking, or other sport activities.
- **Tempo:** Think of this as comfortably uncomfortable. A pace that isn't EZ but is something that you can maintain (in between 10k and half marathon pace for advanced runners).
- **Fartlek:** Translates to "speed play" in Swedish. This is intermittent fast running followed by periods of slow running (recovery).