

RUNNER'S

TRAINING: **SMART COACH**

Here's your individualized training program:

Your current race time is: **2:01:00** for a **Half-Marathon**

Your distance training goal is: **Marathon**

You currently train: **31-35** miles/week

How hard you want to train: **Moderate**

Your long-run day: **Saturday**

Your training program Starts: **Monday, 12/31/2007** and Ends: **Sunday, 4/20/2008**

Length of your training schedule: **16 weeks**

Wk	Dat	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Total
1	12/31 1/6	Easy Run Dist: 7mi @10:34	Rest / XT	Tempo Run Dist: 6mi, inc Warm; 4mi@9:04; Cool	Easy Run Dist: 6mi @10:34	Rest / XT	Long Run Dist: 12mi @10:34	Rest / XT	31 miles
2	1/7 1/13	Easy Run Dist: 7mi @10:34	Rest / XT	Speedwork Dist: 6mi, inc Warm; 2x1600@8:28 w/800 jogs; Cool	Easy Run Dist: 6mi @10:34	Rest / XT	Long Run Dist: 14mi @10:34	Rest / XT	33 miles
3	1/14 1/20	Easy Run Dist: 6mi @10:34	Rest / XT	Tempo Run Dist: 7mi, inc Warm; 5mi@9:09; Cool	Easy Run Dist: 6mi @10:34	Rest / XT	Long Run Dist: 16mi @10:34	Rest / XT	35 miles
4	1/21 1/27	Easy Run Dist: 7mi @10:34	Rest / XT	Easy Run Dist: 7mi @10:34	Easy Run Dist: 7mi @10:34	Rest / XT	Easy Run Dist: 7mi @10:34	Rest / XT	28 miles
5	1/28 2/3	Easy Run Dist: 6mi @10:28	Rest / XT	Tempo Run Dist: 8mi, inc Warm; 6mi@9:08; Cool	Easy Run Dist: 5mi @10:28	Rest / XT	Long Run Dist: 18mi @10:28	Rest / XT	37 miles
6	2/4 2/10	Easy Run Dist: 6mi @10:28	Rest / XT	Speedwork Dist: 7mi, inc Warm; 3x1600@8:23 w/800 jogs; Cool	Easy Run Dist: 6mi @10:28	Rest / XT	Long Run Dist: 20mi @10:28	Rest / XT	39 miles
7	2/11 2/17	Easy Run Dist: 8mi @10:28	Rest / XT	Tempo Run Dist: 9mi, inc Warm; 7mi@9:13; Cool	Easy Run Dist: 8mi @10:28	Rest / XT	Long Run Dist: 16mi @10:28	Rest / XT	41 miles
8	2/18 2/24	Easy Run Dist: 9mi @10:28	Rest / XT	Easy Run Dist: 8mi @10:28	Easy Run Dist: 8mi @10:28	Rest / XT	Easy Run Dist: 8mi @10:28	Rest / XT	33 miles
9	2/25 3/2	Easy Run Dist: 7mi @10:21	Rest / XT	Tempo Run Dist: 10mi, inc Warm; 8mi@9:13; Cool	Easy Run Dist: 6mi @10:21	Rest / XT	Long Run Dist: 20mi @10:21	Rest / XT	43 miles
10	3/3 3/9	Easy Run Dist: 10mi @10:21	Rest / XT	Speedwork Dist: 9mi, inc Warm; 4x1600@8:18 w/800 jogs; Cool	Easy Run Dist: 10mi @10:21	Rest / XT	Long Run Dist: 16mi @10:21	Rest / XT	45 miles

11	3/10 3/16	Easy Run Dist: 9mi @10:21	Rest / XT	Tempo Run Dist: 9mi, inc Warm; 7mi@9:08; Cool	Easy Run Dist: 9mi @10:21	Rest / XT	Long Run Dist: 20mi @10:21	Rest / XT	47 miles
12	3/17 3/23	Easy Run Dist: 10mi @10:21	Rest / XT	Easy Run Dist: 9mi @10:21	Easy Run Dist: 9mi @10:21	Rest / XT	Easy Run Dist: 9mi @10:21	Rest / XT	37 miles
13	3/24 3/30	Easy Run Dist: 10mi @10:15	Rest / XT	Tempo Run Dist: 9mi, inc Warm; 6mi@8:57; Cool	Easy Run Dist: 10mi @10:15	Rest / XT	Long Run Dist: 20mi @10:15	Rest / XT	49 miles
14	3/31 4/6	Easy Run Dist: 9mi @10:15	Rest / XT	Speedwork Dist: 9mi, inc Warm; 4x1600@8:13 w/800 jogs; Cool	Easy Run Dist: 9mi @10:15	Rest / XT	Long Run Dist: 12mi @10:15	Rest / XT	39 miles
15	4/7 4/13	Easy Run Dist: 6mi @10:15	Rest / XT	Tempo Run Dist: 7mi, inc Warm; 5mi@8:52; Cool	Easy Run Dist: 5mi @10:15	Rest / XT	Long Run Dist: 8mi @10:15	Rest / XT	26 miles
16	4/14 4/20	Rest / XT	Easy Run Dist: 3mi @10:15	Rest / XT	Tempo Run Dist: 6mi, inc Warm; 4mi@8:47; Cool	Easy Run Dist: 3mi @10:15	Rest / XT	Marathon Race Day 26 miles	38 miles

Legend

Workouts: All runs are Easy, Long, Tempo, or Speedwork

Dist: Total miles for the day

Dist/Time: 9mi @ 9:11 means "Run 9 miles at 9:11 pace."

Warm/Cool: Warmup or Cooldown. Generally 1 mile each. However, on some days, you must run extra Warm and Cool to reach your distance for the day.

Speedwork: "6x800@3:47 w/400 jogs" means "Run 6 repeats of 800 meters each, with a 400-meter recovery jog after each repeat."

Rest/XT: Take a rest day, or do moderate cross-training activity.

m: Meters

mi: Miles

BACKGROUND AND SPECIFICATIONS

The RUNNER'S WORLD SmartCoach is a free, interactive tool that combines science, mathematics and 40 years of collective running wisdom to bring you a proven, individualized training program. You can return to it as often as you want.

Your results can be found here:

<http://www.runnersworld.com/cda/smartcoach/1,7148,s6-238-277-278-0-0-0-0,00.html>

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