

## 2011 R&R MGM Marathon Advanced Training Schedule - written in miles

Sunday February 13, 2011 New Orleans, Louisiana

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	10/25 - 10/31	6	off	9	6	off	14	off	35
2	11/1 - 11/7	6	off	9	6	off	10	off	31
3	11/8 - 11/14	6	off	9	6	off	14	off	35
4	11/15 - 11/21	8	off	9	6	off	12	off	35
5	11/22 - 11/28	8	6	9	6	off	16	off	45
6	11/29 - 12/5	10	6	9	6	off	12	off	43
7	12/6 - 12/12	10	6	9	6	off	16	off	47
8	12/13 - 12/19	10	6	9	6	off	12	off	43
9	12/20 - 12/26	10	6	9	8	off	18	off	51
10	12/27 - 1/2	10	6	9	8	off	14	off	47
11	1/3 - 1/9	10	6	9	8	off	20	off	53
12	1/10 - 1/16	10	6	9	8	off	14	off	47
13	1/17 - 1/23	10	6	9	8	off	20	off	53
14	1/24 - 1/30	4	3	4	3	off	12	off	26
15	1/31 - 2/6	4	3	4	3	off	6	off	20
16	2/7 - 2/13	off	3	3	off	3	off	26.2	35.2
post race	2/14 - 2/20	off	1	off	1	off	2	off	4
post race	2/21 - 2/27	2	1	off	2	off	3	off	8
post race	2/28 - 3/6	off	2	off	2	off	4	off	8

Thanksgiving, Christmas, New Year's Day

### Strongly recommended Advanced Training Schedule Pre-requisites:

1. Individual has been running consistently for at least three years (e.g., 3-4 runs/week, 25-40 miles/week)
2. Previously completed a 26.2 mile marathon
3. No chronic injury problems

### Wednesday Tempo Workout:

1. Easy 2 mile jog warm up
2. 2 x 2 mile pickup at 10 seconds faster per mile than target race pace, easy 1 mile jog in between pickups  
(e.g., If you're shooting for a 7 minute pace on race day, your target 2-mi pickup time should be 13:40 +/- a sec or two once again, aim for a very steady pace and avoid pace fluctuations - the focus is on consistency of splits)  
Weeks 10 - 13 you might try adding a third 2-mile pickup
3. Easy 2 mile jog warm down