2018 Columbus Marathon Training Schedule

Date	Type	Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
			Easy	Off/Cross	**Tempo**	Cross/Easy	**Intervals**	Off	**LSD**	
Jun 10 - June 16		1	5	X	3	X	2	0	**7**	17
Jun 17 - Jun 23		2	5	X	3	X	2.5	0	**8**	18.5
Jun 24 - Jun30		3	5	X	3	X	3	0	**8**	19
July 1 - July 7		4	5	X	3	X	3	0	**10**	21
July 8 - July 14		5	5	X	4	X	3.5	0	**10**	22.5
July 15 - July 23		6	5	X	4	X	4	0	**12**	25
July 22 - July 28	Fall Back	7	5	X	3	X	3	0	**12**	23
July 29 - Aug 4		8	5	X	4	X	3.75	0	**14**	26.75
Aug 5 - Aug 11		9	5	X	4	X	4.5	0	**12**	25.5
Aug 12 - Aug 18		10	5	X	5	X	4	0	**16**	30
Aug 19 - Aug 25	Fall Back	11	5	X	3	X	3	0	**12**	23
Aug 26 - Sept 1		12	5	X	5	X	4	0	**18**	32
Sept 2 - Sept 8		13	5	X	5	X	5	0	**12**	27
Sept 9 - Sept 15		14	5	X	6	X	5	0	**20**	36
Sept 16 - Sept 22	Fall Back	15	5	X	3	X	4	0	**12**	24
Sept 23- Sept 29		16	5	X	5	X	3	0	**20**	33
Sept 30 - Oct 6		17	5	X	4	X	3	0	**12**	24
Oct 7 - Oct 13		18	5	X	3	X	2	0	**8**	18
Oct 14 - Oct 20		19	5	X	2	X	2	0	**0**	9
October 21	**Race Day**	20	**26.2**							

Easy = Comfortable pace 3 to 5 miles at 30 to 60 seconds slower than race pace (or race pace)

LSD = Long Slow Day - pace 1 to 2 minutes per mile slower than race pace

Tempo = faster days - pace 30 seconds to 60 seconds faster than race pace **(INTERMEDIATE TO ADVANCED WALKER)**

Intervals = short fast days = 1 to 2 minutes faster than race pace **(ADVANCED WALKER)**

Interval Example - "4 x 1/2" is four intervals of 1/2-mile length each. Do a 2 minute rest period between intervals

Fall Back - cut back mileage by about 25 to 33% every 4 weeks

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Interval
4 x 1/2
5 x 1/2
6 x 1/2
6 x 1/2
7 x 1/2
8 x 1/2
4 x 3/4
5 x 3/4
6 x 3.4
4 x 1
3 x 1
4 x 1
5 x 1
5 x 1
4 x 1
6 x 1/2
6 x 1/2
4 x 1/2