

Marathon Level 1

Week	Plan	Mon Date	Mon	Tues(Track)	Wed	Thurs (Tempo)	Fri	Sat	Sun	Sun Date
1	M1	14-Jul	30	30	Off	30	Off	4 mi	Off	20-Jul
2	M1	21-Jul	30	30	Off	30	Off	5 mi	Off	27-Jul
3	M1	28-Jul	30	30	Off	30/10 @ MP	Off	6 mi	Off	3-Aug
4	M1	4-Aug	35	35	Off	30/10 @ MP	Off	7 mi	Off	10-Aug
5	M1	11-Aug	35	35	Off	30/10 @ MP	Off	8 mi	Off	17-Aug
6	M1	18-Aug	30	35	Off	30/10 @ MP	Off	9 mi	Off	24-Aug
7	M1	25-Aug	35	35	Off	30/10 @ MP	Off	8 mi	Off	31-Aug
8	M1	1-Sep	B2S 5K	40	Off	35/15 @ MP	Off	9 mi	Off	7-Sep
9	M1	8-Sep	40	40	Off	35/15 @ MP	Off	10 mi	Off	14-Sep
10	M1	15-Sep	35	40	Off	35/15 @ MP	Off	12 mi	Off	21-Sep
11	M1	22-Sep	35	40	Off	35/15 @ MP	Off	10 mi	Off	28-Sep
12	M1	29-Sep	30	45	Off	35/15 @ MP	Off	12 mi	Off	5-Oct
13	M1	6-Oct	35	45	Off	45/15 @ MP	Off	12 Mi	Off	12-Oct
14	M1	13-Oct	35	45	Off	45/15 @ MP	Off	14 mi	Off	19-Oct
15	M1	20-Oct	30	5000m @ HMP	Off	45/15 @ MP	Off	3 mi (easy)	HHM	26-Oct
16	M1	27-Oct	Off	45	Off	45/15 @ MP	Off	13 mi	Off	2-Nov
17	M1	3-Nov	30	45	Off	50/20 @ MP	Off	17 mi	Off	9-Nov
18	M1	10-Nov	35	45	Off	50/20 @ MP	Off	15 mi	Off	16-Nov
19	M1	17-Nov	30	50	Off	50/20 @ MP	Off	3 mi (easy)	HMSA 25K	23-Nov
20	M1	24-Nov	Off	5000m @ 10KP	Off	YMCA Turkey Dash	Off	18 mi	Off	30-Nov
21	M1	1-Dec	35	50	Off	50/20 @ MP	Off	19 mi	Off	7-Dec
22	M1	8-Dec	30	50	Off	50/20 @ MP	Off	21 mi	Off	14-Dec
23	M1	15-Dec	30	30	Off	45/15 @ MP	Off	16 mi	Off	21-Dec
24	M1	22-Dec	35	45	Off	35/15 @ MP	Off	12 mi	Off	28-Dec
25	M1	29-Dec	30	40	Off	30/10 @ MP	Off	8 mi	Off	4-Jan
26	M1	5-Jan	25	5000m @ MP	Off	rest or 20 min easy	Off	rest or 20 min easy	Race	11-Jan

NOTES

Workouts are in minutes unless otherwise noted

All runs are at EASY pace unless otherwise noted

All speed or hill workouts should include 1 to 1.5 mile warm up and cool down

"1-2-1" notation means one mile warm up (WU), 2 miles tempo pace, 1 mile cool down (CD)

"30/10" notation means a 30 minute total run with 10 minutes done at specified pace (i.e. @ HMP)

Tempo means Tempo Pace. See McMillan Calculator to determine your Tempo Pace

"HMP" notation means Half Marathon Pace. See McMillan Calculator to determine your HMP

"3 x 800m" notation means a workout of 3 repeats of 800 meters with a short rest in between.

"Hill" can be a multilevel parking garage, the hill behind Cinco Ranch High School, or any other hill you can find

[B2S 5K is the Back To School 5K Race](#)

[HHM refers to the Houston Half Marathon & 10K race in late October](#)

[HMSA refers to the Houston Masters 25K, 10 mile, and 5K race held as part of the warm up series](#)

[YMCA Turkey Dash refers to the Katy Turkey Dash held on Thanksgiving Day](#)