Boston Marathon Training Program (Novice)

| Prepare |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Weeks to Go | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Mileage |
| 20 | 3 miles (easy pace) | Cross train | $\begin{aligned} & \text { 2-3 miles } \\ & \text { (easy pace) } \end{aligned}$ | Active rest | Cross train | $\begin{aligned} & \text { 3-5 miles } \\ & \text { (easy pace) } \end{aligned}$ | Rest | 8-11 |
| 19 | 3 miles (easy pace) | Cross train | 2-3 miles (easy pace) | Active rest | Cross train | $\begin{aligned} & 3-5 \text { miles } \\ & \text { (easy pace) } \end{aligned}$ | Rest | 8-11 |
| 18 | $\begin{aligned} & \text { 3-4 miles } \\ & \text { (easy pace) } \end{aligned}$ | Cross train | $\begin{aligned} & \text { 2-3 miles } \\ & \text { (easy pace) } \end{aligned}$ | Active rest | Cross train | $\begin{aligned} & 4-6 \text { miles } \\ & \text { (easy pace) } \end{aligned}$ | Rest | 9-13 |
|  |  |  |  |  |  |  |  |  |

Boston Marathon Training Program (Novice)

| Build |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Weeks to Go | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Mileage |
| 17 | 3-4 (easy pace) | Cross train | $\begin{gathered} 3-4 \\ \text { (easy pace) } \end{gathered}$ | Active rest | Cross train | $\begin{gathered} 6-8 \\ \text { (easy pace) } \end{gathered}$ | Rest | 12-16 |
| 16 | 2-3 <br> (medium pace) $+4-6 \times 100 \mathrm{~m}$ strides | Cross train | $\begin{gathered} 4-5 \\ \text { (easy pace) } \end{gathered}$ | Active rest | Cross train | $\begin{gathered} 8-10 \\ \text { (easy pace) } \end{gathered}$ | Rest | 14-18 |
| 15 | $\begin{gathered} 2-4 \\ \text { (medium pace) } \\ +4-6 \times 100 \\ \text { strides } \end{gathered}$ | Cross train | $\begin{gathered} 4-5 \\ \text { (easy pace) } \end{gathered}$ | Active rest | Cross train | $\begin{gathered} 9-11 \\ \text { (easy pace) } \end{gathered}$ | Rest | 15-20 |
| 14 | 2-4 <br> (medium pace) $+4-6 \times 100$ <br> strides | Cross train | $\begin{gathered} 5-6 \\ \text { (medium pace) } \end{gathered}$ | Active rest | Cross train | $\begin{gathered} \text { 11-12 } \\ \text { (easy pace) } \end{gathered}$ | Rest | 18-22 |
| 13 | ```3-4 (medium pace) + 4-6x100 strides``` | Cross train | $\begin{gathered} 6-7 \\ \text { (easy-medium } \\ \text { pace) } \end{gathered}$ | Active rest | Cross train | $\begin{gathered} \text { 11-12 } \\ \text { (easy pace) } \end{gathered}$ | Rest | 20-23 |
| 12 | $\begin{gathered} \text { 3-4 } \\ \text { (medium pace) } \\ +4-6 \times 100 \\ \text { strides } \end{gathered}$ | Cross train |  | Active rest | Cross train | $\begin{gathered} \text { 12-14 } \\ \text { (easy pace) } \end{gathered}$ | Rest | 21-25 |

Boston Marathon Training Program (Novice)

| Train |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Weeks to Go | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Mileage |
| 11 | $\begin{gathered} 3-4 \\ \text { (medium pace) } \\ +4-6 \times 100 \\ \text { strides } \end{gathered}$ | Cross train | ```7-8 (easy-medium pace)``` | Active rest | Cross train | $12-14$ <br> (easy pace) | Rest | 22-26 |
| 10 | $\begin{gathered} 4-5 \\ \text { (medium pace) } \\ +4-6 \times 100 \\ \text { strides } \end{gathered}$ | Cross train | $\begin{gathered} 7-8 \\ \text { (medium pace) } \end{gathered}$ | Active rest | Cross train | $\begin{gathered} 14 \\ \text { (easy pace) } \end{gathered}$ | Rest | 25-27 |
| 9 | 4-5 <br> (medium pace) $+6-8 \times 100$ <br> strides | Cross train | $\begin{gathered} \text { 8-10 } \\ \text { (easy pace) } \end{gathered}$ | Active rest | Cross train | $\begin{gathered} 14-16 \\ \text { (easy pace) } \end{gathered}$ | Rest | 26-31 |
| 8 | $\begin{gathered} 5-6 \\ \text { (medium pace) } \\ +4-6 \times 100 \\ \text { strides } \end{gathered}$ | Cross train | ```8-10 (easy-medium pace)``` | Active rest | Cross train | $12-14$ <br> (easy pace) | Rest | 25-30 |
| 7 | $\begin{gathered} 4-5 \\ \text { (medium pace) } \\ +6-8 \times 100 \\ \text { strides } \end{gathered}$ | Cross train | $\begin{gathered} 10-12 \\ \text { (easy pace) } \end{gathered}$ | Active rest | Cross train | $\begin{gathered} 14-16 \\ \text { (easy pace) } \end{gathered}$ | Rest | 28-33 |
| 6 | $\begin{gathered} 5-6 \\ \text { (medium pace) } \\ +6-8 \times 100 \\ \text { strides } \end{gathered}$ | Cross train | ```8-10 (easy-medium pace)``` | Active rest | Cross train | $\begin{gathered} 16-18 \\ \text { (easy pace) } \end{gathered}$ | Rest | 29-34 |

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| 5 | $\begin{gathered} 4-5 \\ \text { (medium pace) } \\ +6-8 \times 100 \\ \text { strides } \end{gathered}$ | Cross train | 8-10 <br> (easy-medium pace) | Active rest | Cross train | 18 (easy pace) | Rest | 30-33 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 4 | ```3-4 (medium pace) + 6-8\times100 strides``` | Cross train | 7-8 (easy-medium pace) | Active rest | Cross train | $\begin{gathered} 20 \\ \text { (easy pace) } \end{gathered}$ | Rest | 30-32 |
| 3 | ```3-4 (medium pace) +6-8\times100 strides``` | Cross train | $\begin{gathered} 7-8 \\ \text { (easy-medium } \\ \text { pace) } \end{gathered}$ | Active rest | Cross train | $\begin{gathered} 12-14 \\ \text { (easy pace) } \end{gathered}$ | Rest | 22-26 |


| Taper |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Weeks to Go | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Mileage |
| 2 | ```3-4 (medium pace) + 6-8\times100 strides``` | Cross train | ```6-8 (easy - medium pace)``` | Active rest | Cross train | $\begin{gathered} \text { 8-10 } \\ \text { (easy pace) } \end{gathered}$ | Rest | 20-22 |
| 1 | $\begin{gathered} 3-4 \\ \text { (easy pace) } \end{gathered}$ | Cross train | $\begin{gathered} 4-6 \\ \text { (easy pace) } \end{gathered}$ | Active rest | Active rest | $\begin{gathered} 1-2 \\ \text { (easy jog) } \end{gathered}$ | Rest | 8-12 |
| 0 | RACE DAY! | Recovery | Recovery | Recovery | Recovery | Recovery | Recovery | 26.2 ! |

