



New York City Marathon 20 Week Training Schedule

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1	3	4	3	4	off	6	off	
2	3	5	3	4	off	8	off	
3	3	5	3	5	off	8	off	
4	3	6	3	5	off	10	off	Base
5	3	6	3	6	off	11	off	
6	4	6	3	6	off	12	off	
7	4	6	4	6	off	13	off	
8	4	7	4	6	off	14	off	
9	4	7	4	6	off	15	off	
10	4	8	4	6	off	16	off	
11	4	8	4	6	off	17	off	
12	4	8	4	6	off	18	off	
13	4	8	4	6	off	20	off	
14	4	8	4	6 Fartlek	off	20	off	
15	4	8	4	6 Pace Run	off	20	off	
16	4	8	4	6 Fartlek	off	20	off	Sharpening
17	4	8	4	6 Pace Run	off	22	off	
18	4	8	4	6 Fartlek	off	20	off	
19	4	4	4	4 Pace Run	off	13	off	Taper
20	4	off	4 Walk	3	3	off	Marathon	

Pace Run -Warm-up/Cool-down first and last mile. Run the miles in between at you projected marathon race pace. This will get you body used to running this speed.

Fartlek - "Speed Play." Unstructured speed work. Warm-up/cool-down on first and last mile. For the miles between hit race pace at various points of your run then drop down to an 80% pace. Pick a spot or distance to run to and go for it! Have fun with it!

Base Phase - During this time you are working on increasing your mileage and endurance. Don't worry about being fast here! You should be running at 80% of your race pace for all runs.

Sharpening Phase - During these weeks you will maintain the endurance you have gained while working on some speed work. Speed work accounts for only up 3% in race performance, so, if your goal is just to finish the race you may opt to skip speed work. In this case just do the miles listed at 80% of race pace.

Taper - It is at this time you are allowing your body to fully recover from the training you have put it through. Do not skip this phase or be tempted to add miles here! You need to recover for race day and have fresh legs. Use this time to get in the right mindset for the race (more on this in a future article).

How Fast? - Go to <http://www.teamoregon.com/publication/online/wizard.php> and type in the required info and hit submit. The results will show you what your running pace/time will be for the marathons. Additionally, it will give you the speeds you need to run at for the various training runs in this program.