

Progression Training Plan – Chevron Houston Marathon

Before beginning this or any Cypress Running Club training program, it is vital that your body be accustomed to running 3-4 times per week, for a minimum of 30 min. each workout. By the first week of this training program, your longest run of the week should be at least 4 miles.

Weeks To Go	Dates	Monday	Wednesday	Thursday	Saturday
26	7/19-7/25	30 min.	30 min. plus strides	30 min.	6 miles
25	7/26-8/1	30 min.	30 min. plus strides	30 min.	7 miles
24	8/2-8/8	30 min.	45 min. plus strides	30 min.	6 miles
23	8/9-8/15	30 min.	45 min. plus strides	30 min.	7 miles
22	8/16-8/22	30 min.	45 min. plus strides	30 min.	8 miles

Weeks To Go	Dates	Monday	Wednesday	Thursday	Saturday
21	8/23-8/29	30 min.	45 min. plus strides	30 min.	6 miles
20	8/30-9/5	45 min.	Fartlek 45 min (10 min w-up + 12 x (1 min fast + 1 min CP) + 10 min c-down)	30 min. plus strides	7 miles
19	9/6-9/12	45 min.	Fartlek 45 min (10 min w-up +3/5/5/3 fast w/1 min @ CP in between + 10 min c-down)	30 min. plus strides	8 miles
18	9/13-9/19	45 min.	Fartlek 45 min (10 min w-up + 1 min fast + 1 min @ CP/ 2 f-2 @ CP/ 3 f-3 @ CP/ 4 f+3 @ CP/ 3 f+3 @ CP/ 2 f+2 @ CP/ 10 min c-down)	30 min. plus strides	10 miles
17	9/20-9/26	60 min.	Fartlek 45 min (10 min w-up + 2 min fast + 1 min @ CP/ 3 f-1 @ CP/ 4 f-1 @ CP/ 5 f+1 @ CP/ 10 min c-down)	45 min. plus strides	7 miles
16	9/27-10/3	60 min.	Tempo Run - 1 mile @ CP, 1 mile @ TP, 0.5 mile @ CP, 1 miles @ TP, 0.5 mile @ CP, 1 mile @ TP, 1 mile @ CP or track workout	45 min. plus strides	9 miles
15	10/4-10/10	60 min.	Tempo Run - 1 mile @ CP, 1.2 miles @ TP, 1 miles @ CP, 1.5 miles @ TP, 1 mile @ CP or track workout	45 min. plus strides	10 miles
14	10/11-10/17	60 min.	Tempo Run - 1 mile @ CP, 1 mile @ TP, 1 miles @ CP, 2 miles @ TP, 1 mile @ CP or track workout	45 min. plus strides	12 miles
13	10/18-10/24	60 min.	Tempo Run - 1 mile @ CP, 3 miles @ TP, 2 miles @ CP or track workout	45 min. plus strides	14 miles

Weeks To Go	Dates	Monday	Wednesday	Thursday	Saturday
12	10/25-10/31	60 min.	Intervals - 20 min w-up, 3*1000 w/2 min RI, 10 min c-down or track workout	Tempo Run - 1 mile @ CP, 2x2 miles @ TP w/2 min recovery jog, 1 mile @ CP	12 miles
11	11/1-11/7	60 min.	Intervals - 20 min w-up, 4*1000 w/2 min RI, 10 min c-down or track workout	Tempo Run - 1 mile @ CP, 1 mile @ TP, 2 min recovery, 3 miles @ TP, 1 mile @ CP	12 miles
10	11/8-11/14	60 min.	Intervals - 20 min w-up, 4*1200 w/2 min RI, 10 min c-down or track workout	Tempo Run - 1 mile @ CP, 4 miles @ TP, 1 mile @ CP	18 miles
9	11/15-11/21	60 min.	Intervals - 20 min w-up, 5*1200 w/2 min RI, 10 min c-down or track workout	Tempo Run - 1 mile @ CP, 5 miles @ TP	15 miles
8	11/22-11/28	60 min.	Intervals - 20 min w-up, 4*1200 w/2 min RI, 10 min c-down or track workout	6 miles @ MP	20 miles
7	11/29-12/5	75 min.	Intervals - 20 min w-up, 5*1200 w/2 min RI, 10 min c-down or track workout	8 miles @ MP	14 miles
6	12/6-12/12	75 min.	Intervals - 20 min w-up, 6*800 w/2 min RI, 10 min c-down or track workout	Tempo Run - 1 mile @ CP, 3x2 mile @ TP w/2 min recovery jog, 1 mile @ CP	16 miles
5	12/13-12/19	60 min.	Intervals - 20 min w-up, 1600, 1200, 1000, 800 w/2 min RI, 10 min c-down or track workout	Tempo Run - 1 mile @ CP, 1, 2, 3 miles @ TP w/2 min recovery jog, 1 mile @ CP	20 miles

Weeks To Go	Dates	Monday	Wednesday	Thursday	Saturday
4	12/20-12/26	60 min.	Intervals - 20 min w-up, 800, 1200, 1600, 1200, 800 w/2 min RI, 10 min c-down or track workout	Tempo Run - 1 mile @ CP, 3, 2, 1 miles @ TP w/2 min recovery jog, 1 mile @ CP	16 miles
3	12/27-1/2	60 min.	Intervals - 20 min w-up, 5*1200m w/2 min RI, 10 min c-down or track workout	Tempo Run - 1 mile @ CP, 6 miles @ TP	12 miles
2	1/3-1/9	45 min.	Intervals - 20 min w-up, 6*800m w/2 min RI, 10 min c-down or track workout	Tempo Run - 1 mile @ CP, 2x2 mile @ TP w/2 min recovery jog, 1 mile @ CP	8 miles
1	1/10-1/16	30 min.	Intervals - 20 min w-up, 4*800m w/2 min RI, 10 min c-down or track workout	3 miles @ MP	Race Day!

Pace Notes

Long Run and Easy Runs: Unless indicated differently, all long runs should be done at conversation pace. This is an easy pace that allows you talk as you run, on the other hand it should be fast enough to keep your heart rate at 110-140 bpm). You will be doing most of your mileage at this pace.

Strides are 6-10 short bursts of swift running, up to 150 meters on the track (3/8 of a lap, starting at the apex of the turn or the middle of the straightaway) or .10 miles on the road. In the first 40 meters, accelerate from conversational pace to near-sprint pace, spend 80 meters at near-sprint, then decelerate back to conversational pace. Allow full recovery: strides are for working on your coordination, not anaerobic fitness.

Fartlek workouts will be posted on Facebook each week in September; some examples are on the CRC website, at the “Milestone Training Programs” page.

Tempo Runs & Intervals workouts are prescribed in terms of the number of repetitions and the distance (in miles, kilometers, or meters). One mile is roughly 1,600 meters, and a typical track is 400 meters long. A workout that states “4 x 1200” means that you run three laps (or $\frac{3}{4}$ of a mile) at an appropriately fast pace, recover, and repeat three more times.

The “recovery intervals” allow your heart rate and breathing to return to a reasonable level. Typically, your recovery interval will be as long as you spent running, up to a maximum of five min..

The “right” pace for the Tempo Runs and Intervals is the fastest pace that allows you to complete all repetitions in nearly the same time. If you find that your times are increasing as the workout progresses, then this indicates that you started too fast.

The best way to determine appropriate training paces is to run a race or time-trial. A pace calculator, such as Greg McMillan’s (<http://www.mcmillanrunning.com/>), will give you a range of recommended paces based on a recent race. Or, the “pace wheel” is available as an iPhone or Android app. Consider the following examples, using a 2-Mile time trial to test your current fitness level:

2-Mile Time Trial Time:	15:00	17:30	20:00
Conversation Pace	10:43 per mile	12:30 per mile	14:17 per mile
Marathon Race Pace	8:56 per mile	10:25 per mile	11:54 per mile
Tempo Run	8:31 per mile	9:57 per mile	11:22 per mile
Intervals	1:54 per $\frac{1}{4}$ -mile	2:13 per $\frac{1}{4}$ -mile	2:32 per $\frac{1}{4}$ -mile
Fartleks and Strides	1:38 per $\frac{1}{4}$ -mile	1:55 per $\frac{1}{4}$ -mile	2:10 per $\frac{1}{4}$ -mile
Projected Marathon Finish	3 hrs., 54 min.	4 hrs., 33 min.	5 hrs., 11 min.

If you are used to using a heart rate monitor, then you can use as reference:

Workout Percent of Maximum Heart Rate (MHR)

- Easy run and long run 65-75%
- Tempo run 87-92%
- Interval repeats 95-100%

Race Distance

- 5-K 95-97%
- 10-K 92-94%
- Half-marathon 85-88%
- Marathon 80-85%

$$\text{MHR} = 205 - (.5 \times \text{your age})$$

When the heat index rises, safety might dictate using a slower pace than indicated. In conditions of extreme heat and/or humidity, it may be advisable to walk recovery intervals rather than jog them. Whenever running, it is always advisable to drink plenty of fluids, particularly one that contains sodium to combat electrolyte losses from sweating.

Disclaimer: Consult a qualified medical professional before beginning any exercise program; information presented above is not intended to be a substitute for professional medical advice or treatment. When you choose to follow this or any training plan, you do so entirely at your own risk.

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