

ERLANGER CHATTANOOGA MARATHON WEEKEND TRAINING PLANS

KEY TO SCHEDULES

Easy	During an easy run you should aim to recover from hard efforts. Aim for a gentle pace to relax and enjoy the run, you should be able to easily hold a conversation throughout.
Tempo	Tempo runs should be more challenging, aim for around 60-75% effort, these runs will help you increase your distance and build your aerobic fitness and endurance.
Rest / XT	Rest or cross train. Do an alternative form of exercise, this can include cycling, swimming, yoga, or weight training. Cross training will keep up your fitness but also reduce the overall strain on your running muscles.
Intervals	Switching between faster and slower efforts can help increase muscle power and endurance and is more performance-boosting than just running miles. Alternate short high intensity bursts of activity with periods of rest and recovery in between. All distance is based on meters (example 3 x 400 = 3 x 400meters). Aim to rest 1:30-3:00 mins between each set.
Long	Run at a pace at least one to two min/mi slower than your intended race pace

* These training plans are intended to be of general informational use and are not intended to constitute any fitness and/or medical advice.



COUCH TO 5K TRAINING PLAN

This 8-week training schedule is designed for beginners who are starting their running journey. This plan includes three cardio days, and one cross training day. This plan starts with run/walk excercises, please alternate the run and the walk until you complete the full time. Cross training should be something low impact such as, biking, elliptical, swimming, or yoga.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	20 Min (1 min run / 1.5 min walk)	Rest	20 Min (1 min run / 1.5 min walk)	Rest / XT	Rest	20 Min (1 min run / 1.5 min walk)	Rest
2	20 Min (2 min run / 2 min walk)	Rest	20 Min (2 min run / 2 min walk)	Rest / XT	Rest	20 Min (2 min run / 2 min walk)	Rest
3	20 Min (3 min run / 2 min walk)	Rest	20 Min (3 min run / 2 min walk)	Rest / XT	Rest	20 Min (3 min run / 2 min walk)	Rest
4	24 Min (5 min run / 3 min walk)	Rest	24 Min (5 min run / 3 min walk)	Rest / XT	Rest	24 Min (5 min run / 3 min walk)	Rest
5	6 min run / 3 min walk / 6 min run	Rest	8 min run / 5 min walk / 8 min run	Rest / XT	Rest	20 min run	Rest
6	5 Run / 3 walk / 8 run / 3 walk / 5 run	Rest	10 min run / 3 min walk / 10 min run	Rest / XT	Rest	25 min run	Rest
7	12 min run / 2 min walk (2x)	Rest	25 min run / 1 min walk / 5 min run	Rest / XT	Rest	30 min run	Rest
8	9 min run / 1 min walk (3x)	Rest	15 min run / 1 min walk	Rest / XT	15 min run	RACE DAY	



10K TRAINING PLAN

A 12-week training schedule designed to prepare you for the Erlanger Chattanooga 10K. Prior to the training plan, you should build up your running to the point where you feel comfortable running a 2 mile long run. During the training program be sure to take of at least one day a week from exercising. You can cross train for 30-40 minutes two to three days a week, if you like. The goal of this training plan is to get to the starting line fit and ready to race at your best!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	20 min easy	Rest / XT	2 mi easy	10 - 15 min tempo	Rest / XT	30 min easy	Rest
2	20 min easy	Rest / XT	30 min easy	2 x 10 min tempo	Rest / XT	30 min easy	Rest
3	35 min easy	Rest / XT	3 mi easy	6 x 100	Rest / XT	30 min easy	Rest
4	35 min easy	Rest / XT	6 x 150	30 min easy	Rest / XT	2 X 1500	Rest
5	40 min easy	Rest / XT	6 x 300	30 min easy	Rest / XT	20 min tempo	Rest
6	40 min easy	Rest / XT	6 x 300 + 4 x 1 min	40 min easy	Rest / XT	25 min tempo	Rest
7	50 min easy	Rest / XT	10 x 250	40 min easy	Rest / XT	5 x 800	Rest
8	50 min easy	Rest / XT	5 x 400 + 5 x 200	40 min easy	Rest / XT	25 min tempo	Rest
9	60 min easy	Rest / XT	8 x 500	45 min easy	Rest / XT	30 min tempo	Rest
10	60 min easy	Rest / XT	8 x 600	45 min easy	Rest / XT	40 min tempo	Rest
11	40 min easy	Rest / XT	6 x 500	30 min easy	Rest / XT	30 min tempo	Rest
12	25 min easy	Rest / XT	6 x 200	20 min easy	10 - 15 min easy	RACE DAY	



HALF MARATHON TRAINING PLAN - BEGINNER

A 16-week training schedule designed to prepare you for the Erlanger Chattanooga Half Marathon. Prior to the training plan, you should build up your running to the point where you feel comfortable running a 2 mile long run. You should also be comfortable running a total of three days a week. During the training program be sure to take of at least one day a week from exercising. You can cross train for 30-40 minutes two days a week if preferred.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	1 - 2 mi easy	Rest / XT	1 - 2 mi easy	3 x 300	Rest / XT	2 mi long	Rest
2	1 - 2 mi easy	Rest / XT	2 mi easy	3 x 600	Rest / XT	2 mi long	Rest
3	2 mi easy	Rest / XT	2 mi easy	2 x 1000	Rest / XT	3 mi long	Rest
4	2 mi easy	Rest / XT	3 mi tempo	3 x 400	Rest / XT	3 mi long	Rest
5	2 mi easy	Rest / XT	3 mi tempo	3 x 400	Rest / XT	4 mi long	Rest
6	3 mi easy	Rest / XT	3 mi tempo	4 x 400	Rest / XT	4 mi long	Rest
7	3 mi easy	Rest / XT	3 mi tempo	4 x 400	Rest / XT	5 mi long	Rest
8	3 mi easy	Rest / XT	4 mi tempo	4 x 400	Rest / XT	6 mi long	Rest
9	3 mi easy	Rest / XT	5 mi tempo	3 x 1200	Rest / XT	8 mi long	Rest
10	3 mi easy	Rest / XT	6 mi tempo	4 x 400	Rest / XT	6 mi long	Rest
11	3 mi easy	Rest / XT	4 mi tempo	3 x 1400	Rest / XT	10 mi long	Rest
12	3 mi easy	Rest / XT	6 mi tempo	3 x 800	Rest / XT	8 mi long	Rest
13	3 mi easy	Rest / XT	6 mi tempo	5 x 400	Rest / XT	12 mi long	Rest
14	3 mi easy	Rest / XT	6 mi tempo	3 x 1600	Rest / XT	8 mi long	Rest
15	3 mi easy	Rest / XT	3 mi tempo	3 x 600	Rest / XT	6 mi long	Rest
16	3 mi easy	Rest / XT	2 mi tempo	Rest / XT	2 mi tempo	Rest	RACE DAY



HALF MARATHON TRAINING PLAN - EXPERIENCED

A 16-week training schedule designed to prepare you for the Erlanger Chattanooga Half Marathon. Prior to the training plan, you should build up your running to the point where you feel comfortable running an 8 mile long run. You should also be comfortable running four days a week. During the training program be sure to take off at least one day a week from exercising. You can cross train for 30-40 minutes two days a week if preferred.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	4 mi easy	Rest / XT	4 mi tempo	3 x 400	Rest / XT	8 mi long	Rest
2	4 mi easy	Rest / XT	4 mi tempo	3 x 800	Rest / XT	8 mi long	Rest
3	4 mi easy	Rest / XT	4 mi tempo	2 x 1600	Rest / XT	8 mi long	Rest
4	5 mi easy	Rest / XT	5 mi tempo	3 x 400	Rest / XT	6 mi long	Rest
5	5 mi easy	Rest / XT	5 mi tempo	4 x 400	Rest / XT	8 mi long	Rest
6	5 mi easy	Rest / XT	5 mi tempo	4 x 400	Rest / XT	8 mi long	Rest
7	5 mi easy	Rest / XT	6 mi tempo	4 x 400	Rest / XT	10 mi long	Rest
8	5 mi easy	Rest / XT	6 mi tempo	4 x 400	Rest / XT	8 mi long	Rest
9	5 mi easy	Rest / XT	6 mi tempo	3 x 1600	Rest / XT	10 mi long	Rest
10	5 mi easy	Rest / XT	6 mi tempo	6 x 400	Rest / XT	10 mi long	Rest
11	5 mi easy	Rest / XT	6 mi tempo	3 x 1600	Rest / XT	8 mi long	Rest
12	5 mi easy	Rest / XT	6 mi tempo	4 x 800	Rest / XT	8 mi long	Rest
13	5 mi easy	Rest / XT	5 mi tempo	6 x 400	Rest / XT	12 mi long	Rest
14	5 mi easy	Rest / XT	3 mi tempo	4 x 1600	Rest / XT	8 mi long	Rest
15	5 mi easy	Rest / XT	3 mi tempo	3 x 800	Rest / XT	8 mi long	Rest
16	5 mi easy	Rest / XT	2 mi tempo	Rest / XT	2 mi tempo	Rest	RACE DAY



MARATHON TRAINING PLAN - BEGINNER

A 16-week training schedule designed to prepare you for the Erlanger Chattanooga Half Marathon. Prior to the training plan, you should build up your running to the point where you feel comfortable running a 10 mile long run. You should also be comfortable running 4 days a week. During the training program be sure to take off at least one day a week from exercising. You can cross train for 30-40 minutes two days a week if preferred.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	6 mi easy	Rest / XT	5 mi tempo	5 mi easy	Rest / XT	10 mi long	Rest
2	5 mi easy	Rest / XT	5 mi tempo	5 mi easy	Rest / XT	12 mi long	Rest
3	5 mi easy	Rest / XT	5 mi tempo	4 mi easy	Rest / XT	14 mi long	Rest
4	6 mi easy	Rest / XT	6 mi tempo	5 mi easy	Rest / XT	10 mi long	Rest
5	5 mi easy	Rest / XT	6 mi tempo	5 mi easy	Rest / XT	16 mi long	Rest
6	5 mi easy	Rest / XT	7 mi tempo	4 mi easy	Rest / XT	18 mi long	Rest
7	4 mi easy	Rest / XT	6 mi tempo	4 mi easy	Rest / XT	20 mi long	Rest
8	6 mi easy	Rest / XT	6 mi tempo	6 mi easy	Rest / XT	10 mi long	Rest
9	5 mi easy	Rest / XT	7 mi tempo	4 mi intervals	Rest / XT	16 mi long	Rest
10	5 mi easy	Rest / XT	8 mi tempo	4 mi intervals	Rest / XT	20 mi long	Rest
11	6 mi easy	Rest / XT	7 mi tempo	5 mi intervals	Rest / XT	10 mi long	Rest
12	5 mi easy	Rest / XT	7 mi tempo	4 mi intervals	Rest / XT	16 mi long	Rest
13	5 mi easy	Rest / XT	5 mi tempo	5 mi intervals	Rest / XT	20 mi long	Rest
14	4 mi easy	Rest / XT	8 mi tempo	5 mi intervals	Rest / XT	12 mi long	Rest
15	5 mi easy	Rest / XT	5 mi tempo	4 mi intervals	Rest / XT	8 mi long	Rest
16	3 mi easy	Rest / XT	5 mi tempo	3 mi intervals	Rest / XT	1 mi long	RACE DAY



MARATHON TRAINING PLAN - INTERMEDIATE

A 16-week training schedule designed to prepare you for the Erlanger Chattanooga Half Marathon. Prior to the training plan, you should build up your running to the point where you feel comfortable running a 10 mile long run. You should also be comfortable running 4 days a week. During the training program be sure to take off at least one day a week from exercising. You can cross train for 30-40 minutes two days a week if preferred.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	6 mi easy	Rest / XT	8 mi tempo	5 mi intervals	Rest / XT	10 mi long	Rest
2	5 mi easy	Rest / XT	8 mi tempo	5 mi intervals	Rest / XT	12 mi long	Rest
3	5 mi easy	Rest / XT	8 mi tempo	4 mi intervals	Rest / XT	14 mi long	Rest
4	6 mi easy	Rest / XT	8 mi tempo	5 mi intervals	Rest / XT	10 mi long	Rest
5	5 mi easy	Rest / XT	8 mi tempo	5 mi intervals	Rest / XT	16 mi long	Rest
6	5 mi easy	Rest / XT	8 mi tempo	4 mi intervals	Rest / XT	18 mi long	Rest
7	4 mi easy	Rest / XT	8 mi tempo	4 mi intervals	Rest / XT	20 mi long	Rest
8	6 mi easy	Rest / XT	10 mi tempo	6 mi intervals	Rest / XT	10 mi long	Rest
9	5 mi easy	Rest / XT	10 mi tempo	4 mi intervals	Rest / XT	16 mi long	Rest
10	5 mi easy	Rest / XT	10 mi tempo	4 mi intervals	Rest / XT	20 mi long	Rest
11	6 mi easy	Rest / XT	8 mi tempo	5 mi intervals	Rest / XT	10 mi long	Rest
12	5 mi easy	Rest / XT	10 mi tempo	4 mi intervals	Rest / XT	16 mi long	Rest
13	5 mi easy	Rest / XT	8 mi tempo	5 mi intervals	Rest / XT	20 mi long	Rest
14	4 mi easy	Rest / XT	10 mi tempo	5 mi intervals	Rest / XT	12 mi long	Rest
15	5 mi easy	Rest / XT	8 mi tempo	4 mi intervals	Rest / XT	8 mi long	Rest
16	3 mi easy	Rest / XT	6 mi tempo	3 mi intervals	Rest / XT	1 mi long	RACE DAY