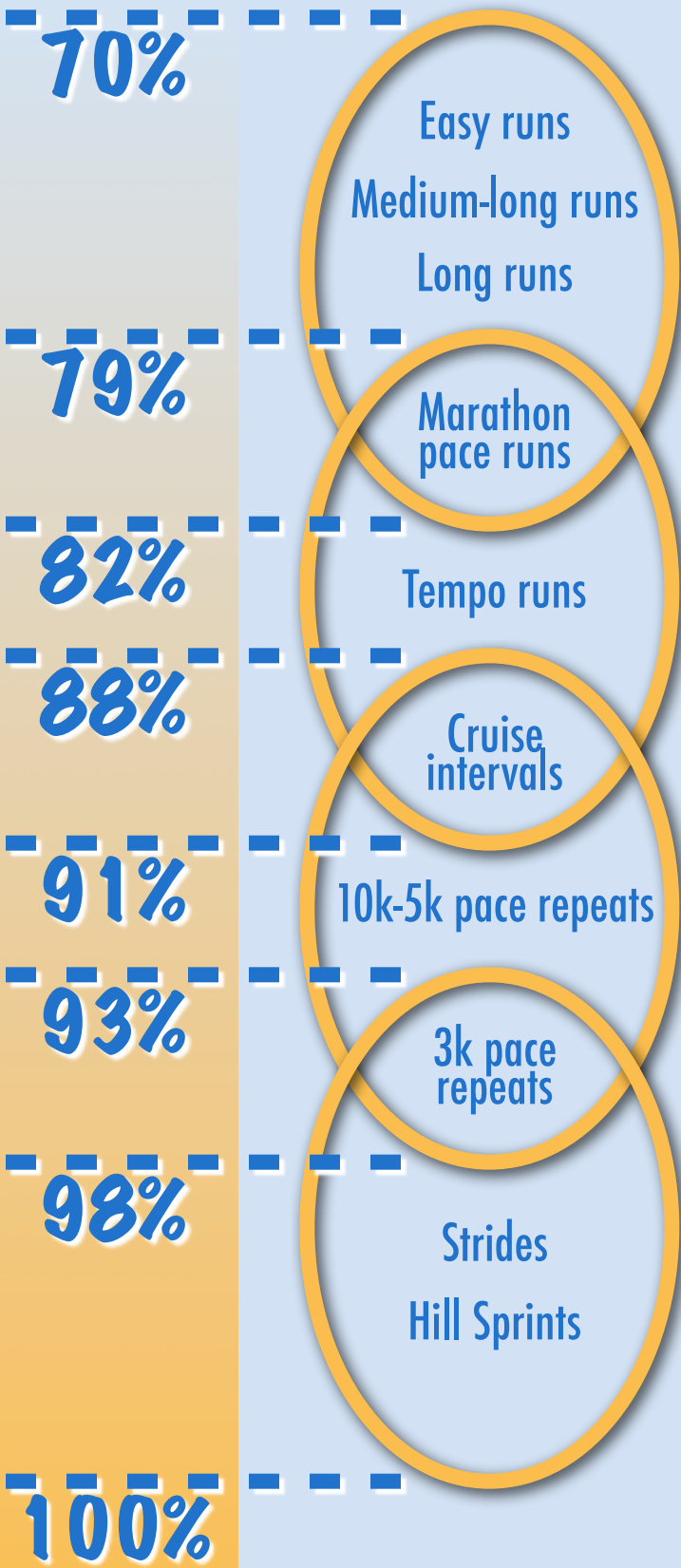


MARATHON TRAINING

ESSENTIAL ELEMENTS by Coach Carl; RunningCoachCarl.com



HEART RATE



TRAINING ZONE AND PRIORITY

AEROBIC ENDURANCE

PURPOSE: Improves cardiovascular system, strengthens muscles and connective tissue, increases glycogen storage and fat use

WHEN TO USE: Throughout training cycle

HOW: Runs should be 30 min up to 26+ miles depending on the purpose

NOTE: Should be the vast majority of your running during a marathon training cycle. Given the length of the event, extending endurance is the key factor of training

1

LACTATE THRESHOLD/
CLEARANCE

PURPOSE: Improves body's ability to clear lactate from blood and muscles

WHEN TO USE: Throughout training cycle

HOW: Efforts should be done roughly around 15k-HM race pace

NOTE: A mix of the workout types listed here will provide the best improvement. Faster is not always better in these workouts

3

VO2 MAX

PURPOSE: Improves how effective your muscles are at using oxygen

WHEN TO USE: Last 4-8 weeks of training

HOW: Repeats of 400-2k with rest ranging from 50% to 90% of the time run. Total volume of repeats in a single workout should be 3-6 miles

NOTE: Taxing, use sparingly

4

RUNNING ECONOMY

PURPOSE: Improve efficiency of transferring energy to movement

WHEN TO USE: Throughout training cycle

HOW: Post-run strides or hill sprints after easy run 1-3x / week

NOTE: Rep should be fast but relaxed, near full rest

2

TUNE-UP RACES

It's important to schedule 2-4 tune-up races. 5k-10k races will help your body learn how to tolerate discomfort during workouts and racing. 15k-HM races will give you feedback on your race goals, practice at long, sustained efforts, and allow you to practice fueling. Aim to schedule at least one 5k-10k race and one 15k-HM race in your plan.

NOTE ON HR

Heart rate values are adapted from "Advanced Marathonning" by Pete Pfitzinger and Scott Douglas. These values will differ from person to person and should only be used as a rough guideline of intensity during a run.

WHEN IN DOUBT : WORK AEROBIC SYSTEMS

99%

of the energy needed to run a marathon comes from the aerobic energy systems

Marathon pace is approximately

2-3%

slower than lactate threshold pace for most marathoners