First Time Marathon Plan-Gandy Dancer 2023

Week & Goals	Notes/ Log	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
Week 1, Easy Pace Runs for endurance building	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 5 miles or Cross Train 60 minutes	Easy 4 miles	Easy 5 miles	Cross Train 60 minutes	Easy 5 miles	Easy 9 miles	Rest, Hydrate, Eat fruits and veggies	23-28 running miles 60-120 minutes Cross Train
Week 2, Adding speed play to build speed, continue to add to long run distance	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 5 miles or Cross Train 60 minutes	Fartlek Run: 6 miles total as 1 mile Warm up, 3 x 30 seconds pick up speed, 3 x 1 minute pick up speed, cool down to finish mileage	Easy 5 miles	Cross Train 60 minutes	Negative Split Run, 6 Miles: Miles 5 & 6 are faster than miles 3 & 4. Miles 1 & 2 at easy pace, Miles 3 & 4 at 30 seconds slower than goal pace, Miles 5 & 6 at goal pace	Long Run Easy 10 miles	Rest, Hydrate, Eat fruits and veggies	27-32 running miles 60-120 minutes Cross Train
Week 3, Adding speed play to build speed, continue to add to long run distance	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 6 miles or Cross Train 60 minutes	Tempo 6 miles: 2 mile Warm Up, 2 miles at race pace, 2 mile Cool Down	Easy 5 miles	Cross Train 60 minutes	Easy 6 miles	Long Run with strong finish, 10 miles total, last 10 minutes at race pace	Rest, Hydrate, Eat fruits and veggies	27-33 running miles, 60-120 minutes Cross Train

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Week & Goals	Notes/ Log	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
Week 4, Adding race pace mileage to build speed, continue to add to long run distance	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 6 miles or Cross Train 60 minutes	Tempo 5 miles: 1 mile Warm Up, 5 repeats of 3 minutes at race pace, 1 minute rest, remaining miles to Cool Down	Easy 6 miles	Cross Train 60 minutes	Easy 7 miles	Long Run 12 miles	Rest, Hydrate, Eat fruits and veggies	30-36 running miles 60-120 minutes Cross Train
Week 5, Adding race pace mileage to build speed, continue to add to long run distance	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 6 miles or Cross Train 60 minutes	Tempo 6 miles: 1 mile Warm Up, 6 repeats of 3 minutes at race pace, 1 minute rest, remaining miles to Cool Down	Easy 6 miles	Cross Train 60 minutes	Easy 8 miles	Long Run 14 miles	Rest, Hydrate, Eat fruits and veggies	34-40 running miles 60-120 minutes Cross Train
Week 6, Adding race pace mileage to build speed, continue to add to long run distance	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 6 miles or Cross Train 60 minutes	Tempo 7 miles: 1 mile Warm Up, 3 repeats of 5 minutes at race pace, 1 minute rest, remaining miles to Cool Down	Easy 6 miles	Cross Train 60 minutes	Easy 7 miles	Long Run Easy 16 miles	Rest, Hydrate, Eat fruits and veggies	35-41 running miles 60-120 minutes Cross Train
Week 7, Adding race pace mileage to build speed, continue to add to long run distance	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 6 miles or Cross Train 60 minutes	Easy 9 miles	Easy 6 miles	Cross Train 60 minutes	Easy 8 miles	Long Run Easy 18 miles with 10 minutes strong finish at goal pace	Rest, Hydrate, Eat fruits and veggies	41-47 running miles, 60-120 minutes Cross Train
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Week & Goals	Notes/ Log	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
Week 8, Increase speedwork distance to simulate length of race, continue to add to long run distance	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 6 miles or Cross Train 60 minutes	Negative Split Run, 8 Miles: First 4 miles 30 seconds to 1 minute slower than race pace, Last 4 miles at race pace	Easy 6 miles	Cross Train 60 minutes	Easy 5 miles	Long Run Easy 20 miles	Rest, Hydrate, Eat fruits and veggies	39-45 running miles 60-120 minutes Cross Train
Week 9, Increase speedwork distance to simulate length of race, continue to focus on long run endurance	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 6 miles or Cross Train 60 minutes	Negative Split Run, 10 Miles: First 5 miles 30 seconds to 1 minute slower than race pace, Last 5 miles at race pace	Easy 6 miles	Cross Train 60 minutes	Easy 6 miles	Long Run 18 miles, 10 minutes strong finish	Rest, Hydrate, Eat fruits and veggies	40-46 running miles 60-120 minutes Cross Train
Week 10, Increase speedwork distance to simulate length of race, continue to add to long run distance	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 6 miles or Cross Train 60 minutes	Negative Split Run, 12 Miles: First 6 miles 30 seconds to 1 minute slower than race pace, Last 6 miles at race pace	Easy 6 miles	Cross Train 60 minutes	Easy 5 miles	Long Run Easy 20 miles	Rest, Hydrate, Eat fruits and veggies	43-49 running miles 60-120 minutes Cross Train
Week 11, Simulate race day with long run	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 6 miles or Cross Train 60 minutes	Easy 6 miles	Easy 6 miles	Cross Train 60 minutes	Easy 6 miles	Long Run Easy 22 miles	Rest, Hydrate, Eat fruits and veggies	39-45 running miles, 60-120 minutes Cross Train

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Week & Goals	Notes/ Log	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
Week 12, Fine tune race pace speed during long speedwork sessions, final long run	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 6 miles or Cross Train 60 minutes	Tempo 8 miles: 1 mile Warm Up, 3 miles at marathon pace, 1 mile recover, 2 miles at marathon pace, 1 mile Cool Down	Easy 4 miles	Cross Train 60 minutes	Easy 5 miles	Long Run 16 miles	Rest, Hydrate, Eat fruits and veggies	33-39 running miles 60-120 minutes Cross Train
Week 13, Taper to rest and recover	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 6 miles or Cross Train 60 minutes	Easy 5 miles	Easy 5 miles	Cross Train 60 minutes	Easy 5 miles	Long Run 10 miles	Rest, Hydrate, Eat fruits and veggies	25-31 running miles 60-120 minutes Cross Train
Week 14, Taper to rest and recover, Prepare for race mentally	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 5 miles or Cross Train 60 minutes	Easy 4 miles	Easy 4 miles, focus mentally on finishing strong, visualize end of race	Rest	Easy 3-5	**RACE 26.2 miles, Celebrate!**	Rest, Hydrate, Eat fruits and veggies	35-44 running miles 60 minutes Cross Train
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