

23-Week Marathon Training Plan - Intermediate

By Matt Wilpers

Introduction

Have you run a marathon or two and are looking for a plan to help bring your time down? Are you able to run 6-8 miles without stopping? Can you commit to running five days a week? If so, this is the plan for you! Of course, if you have any health concerns, please make sure to consult your physician before starting.

Prior to starting this plan, it is helpful but not required to get in at least 3-6 weeks of consistent running, five times a week, and for at least 3-6 miles at a time. Also, I encourage you to drop by your local running store to make sure you have adequate footwear to train for a full marathon. Remember that you will want your running shoe to be a little bit bigger than your normal street shoe to allow for your foot to expand during longer runs. I would also encourage you to purchase 2-3 pairs of one shoe make/model that you plan on using for training, rotate use of them during your training, and avoid wearing these shoes for anything (especially walking) outside of your run training. You want to avoid purchasing new shoes close to race day...especially a different make/model. If you plan on racing with a lighter weight shoe, I encourage you to purchase a couple pairs early and use them during your speed workouts (i.e. Tues and Fri).

Two very important components of your training that are not covered in this program include sleep and nutrition. As the workouts get more demanding on your body, you will need more sleep to recover. It is important to remember that it is during the recovery from your workouts that you heal up and absorb the benefits. Nutrition before, during, and after your runs can make or break your training and race. You want to make sure you maintain a balanced diet that makes you feel good during your training and helps you recover after. You also want to figure out early in your training what nutrition you are going to need for race day. This is usually figured out with a little research and a lot of trial and error. If you have specific questions related to nutrition, I encourage you to reach out to a Registered Dietician Nutritionist like Claire Shorestein. Her email is eatforendurance@gmail.com and website is <http://www.eatforendurance.com/>.

A few other important components of your training that are highlighted in this program include strength training, stretching combined with foam rolling, and warming up. I always tell my athletes to think of their bodies like high performance race cars. You can run it hard, but if you do not properly maintain the race car, it will soon not function correctly and you will be on the sidelines. Your body is the same in that you have to perform maintenance work on it and treat it well if you want it to perform well. Warming up properly before hard workouts/races, performing strength work, stretching, and foam rolling are all the minimum of maintenance work you should be doing to keep your body performing at its best. In this training plan I have provided some guidance in each of these areas for you. I feel that what I have provided is the minimum of what you should be doing to keep your body performing well.

Below I have defined some of the terms used in the training program. Of course if anything is still unclear, please feel free to contact me via email with your questions and/or feedback at mwilpers@gmail.com.

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Important Training Plan Terms

Pacing: During the program, various paces are called for. “Conversational Pace” is considered a running pace at which you could hold a conversation. “Marathon Pace” is the pace at which you would like to hold during your race. Please note that it is generally a good idea to keep your training paces consistent for 4-6 weeks at a time (i.e. until you feel comfortable with them) before picking it up. For help determining what your paces should be during the program in order to reach your goals, please use a pacing calculator such as this one <https://runsmartproject.com/calculator/>.

Progression Runs: “Start slow and finish fast” as Greg McMillan, M.S. describes them. These are fun workouts that help boost your fitness but also teach you good habits...like finishing fast in a race. The way I would like you to execute these workouts is as follows:

Step 1) Break your workout run mileage into thirds

Step 2) First third – Start out slow and gradually ease into your Easy Pace. Second third – Gradually bring your pace to your Marathon Race Pace. Third – Gradually bring your pace at or near your Half Marathon Race Pace.

Hill Repeats: In this program, you will have hill repeat workouts. During these workouts, I provide the mileage total that I would like you to complete hill repeats of, thus going both up and down a hill count towards your hill repeat mileage. It is up to you to find these hills whether they are on a treadmill or outside. This mileage includes up the hill as well as down the hill, the goal is simply to run hills for that given amount of mileage. To make the most of your time, run hills similar to and possibly bigger than the ones you expect to see on race day. Focus on getting comfortable running fast up the hill with good form, technique, posture, and breathing.

Race-Specific Run: Every Sunday is your “Race-Specific Run” which many refer to as your “Long Run”. This is by far the most important run of the week. If you miss a workout during the week here and there, that is not as big of a deal as missing your Race-Specific Run. Do your best to not miss a single one of these runs.

Cross-Training: In addition to running, I encourage you to incorporate Peloton cycling classes into your training. As it is important to make sure you are recovered for the hard days, please make sure to heed the prescribed intensities of these classes. If you find that you are feeling excessively fatigued, extra cross-training should be the first thing to go. That said, if you feel an injury coming on related to running, I encourage you to back off on your running mileage and supplement your training with more cycling until you feel better (assuming that cycling does not aggravate the injury).

Beyond The Ride (or BTR): Strength training both improves performance and prevents injury. Thus, it is an important part of your training. Please select BTR classes of your choice where/when prescribed. An extra emphasis should be placed on correcting known muscle imbalances as well as core, legs, and hip strength.

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Dynamic Stretches: Following a warm-up run and before a hard workout or race, dynamic stretches are excellent to do next in preparation. Below are a few of my favorite dynamic stretches that you may choose to add to your routine.

30-40 sec of alternating leg standing quad stretch holding for 2 seconds

30-40 sec of alternating leg standing hamstring stretch holding for 2 seconds

30-40 sec of alternating leg forward lunges to stretch hip flexors holding for 2 seconds

Feel free to add more for especially tight areas, just search “Dynamic Stretches for Runners” on YouTube 😊

Running Drills: Following dynamic stretches, running drills are great neuromuscular exercises to do before a hard workout or race in order to remind your body of how to run with good form and activating the right muscles. Below are a few of my favorites:

15-20 Seconds of Butt Kicks

15-20 Seconds of High Knees

15-20 Seconds of A-Skips (Skipping with knee lift)

15-20 Seconds of B-Skips (Skipping with activation of the hamstrings and glutes to simulate foot strike)

Accelerations (AKA “Striders”): Following dynamic stretches, accelerations (or 15-20 second brief runs where you accelerate up to a fast pace (not a sprint) before decelerating back down to a stop) are excellent preparation before a hard effort. During an acceleration, focus on getting your body to move the way you want it to move during the upcoming workout or race. In other words, pay attention to your stride mechanics, your breathing, and your posture. I like to tell my runners to think about running “light, tall, and relaxed” in order to get the achieve proper biomechanics.

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Static Stretch and Foam Roll: In order to maintain as well as improve mobility, static stretching and foam rolling are essential. For guidance, I encourage everyone to select the BTR Yoga and Foam Rolling classes of choice. In addition, I have provided a simple yet effective routine below. Feel free to take as much of or as little of as you like:

3 x 20 seconds straight leg cross body stretch, then away stretch w/ rope (20 sec over and 20 sec away...40 seconds total)

3 x 20 seconds straight leg hamstring stretch on back w/ rope (each leg)

3 x 20 seconds forward lunge w/ back knee drop to stretch hip flexor (each leg)

3 x 20 seconds standing or one side quad stretch (each leg)

Foam roll up and down each primary leg muscle for at least 30 seconds to 1 minute as well as anything especially sore or tight (quads, hamstrings, glutes, and calves). I suggest hitting the sides, anterior, and posterior of your legs.

Realistic Words of Wisdom: Having coached many athletes through training programs, I cannot recall a single athlete where everything went exactly to the original plan. Yet, most have been successful! Those that were not successful were usually so because they could not consistently allocate sufficient time for both their training and the necessary maintenance work to be performed...which includes getting adequate sleep. Below I have provided a plan to help guide you through your training. If you fall behind here and there, I urge you to not try to “make-up” for lost workouts by doubling up in a day etc. Instead, forget about the missed workout, reduce the intensity as needed, and keep going. Also, if you have to rearrange the schedule a little bit to better fit your life, of course that is fine. However, I strongly advise that you allocate enough recovery time between demanding workouts. This means avoiding putting two hard days back to back. Lastly, I encourage you to substitute a workout on your schedule towards the middle of the program (i.e. at least 6 weeks out from your marathon) with a half marathon race just to get a feel for racing a similar distance and to see how your fitness is progressing. Prior to that race, I would only suggest adding in some shorter races (i.e. 10k’s and 5k’s) if you choose to do so to help improve your speed and biomechanics. Now that you are training smart, remember to train hard and have fun!!

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Full Marathon Intermediate Training Plan - Weeks 23 to 21								
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Miles
23	Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class	Run + BTR Strength Class + Stretch 1) 5 mile run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll	Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll	Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll	Run + BTR Strength Class + Stretch 1) 5 mile run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll	Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll	Race-Specific Run 1) 5 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll	21
22	Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class	Run + BTR Strength Class + Stretch 1) 5 mile run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll	Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll	Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll	Run + BTR Strength Class + Stretch 1) 5 mile run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll	Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll	Race-Specific Run 1) 7 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll	23
21	Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class	Run + BTR Strength Class + Stretch 1) 5 mile run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll	Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll	Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll	Run + BTR Strength Class + Stretch 1) 5 mile run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll	Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll	Race-Specific Run 1) 9 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll	25

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Full Marathon Intermediate Training Plan - Weeks 20 to 17								
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Miles
20	Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class	Run + BTR Strength Class + Stretch 1) 5 mile run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll	Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll	Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll	Run + BTR Strength Class + Stretch 1) 5 mile run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll	Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll	Race-Specific Run 1) 5 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll	21
19	Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class	Run + BTR Strength Class + Stretch 1) 5 mile run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll	Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll	Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll	Run + BTR Strength Class + Stretch 1) 5 mile run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll	Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll	Race-Specific Run 1) 7 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll	23
18	Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class	Run + BTR Strength Class + Stretch 1) 5 mile Progression Run 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll	Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll	Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll	Run + BTR Strength Class + Stretch 1) Warm Up: 1.5 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 2 miles at Marathon Pace 3) Cool Down: 1.5 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll	Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll	Race-Specific Run 1) 9 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll	25
17	Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class	Run + BTR Strength Class + Stretch 1) 5 mile run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll	Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll	Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll	Run + BTR Strength Class + Stretch 1) 5 miles run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll	Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll	Race-Specific Run 1) 5 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll	21

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Full Marathon Intermediate Training Plan - Weeks 16 to 13								
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Miles
16	<p>Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 2 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 2 miles Alternate 0.5 miles at Half Marathon Pace then 0.5 miles at Conversational Pace 3) Cool Down: 2 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 1.5 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 3 miles at Marathon Pace 3) Cool Down: 1.5 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Race-Specific Run 1) 8 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll</p>	26
15	<p>Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 2 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 2 miles of Hill Repeats 3) Cool Down: 2 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 1.5 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 3 miles at Marathon Pace 3) Cool Down: 1.5 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Race-Specific Run 1) 10 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll</p>	28
14	<p>Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class</p>	<p>Run + BTR Strength Class + Stretch 1) 6 mile Progression Run 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 1.5 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 3 miles at Marathon Pace 3) Cool Down: 1.5 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Race-Specific Run 1) 12 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll</p>	30
13	<p>Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class</p>	<p>Run + BTR Strength Class + Stretch 1) 6 mile run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll</p>	<p>Run + BTR Strength Class + Stretch 1) 6 miles run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Race-Specific Run 1) 8 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll</p>	26

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Full Marathon Intermediate Training Plan - Weeks 12 to 9								
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Miles
12	<p>Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 2 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 3 Miles Alternate 0.5 miles at Half Marathon Pace then 0.5 miles at Conversational Pace 3) Cool Down: 2 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 4 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 1.5 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 4 miles at Marathon Pace 3) Cool Down: 1.5 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Race-Specific Run 1) 12 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll</p>	33
11	<p>Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 2 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 3 miles of Hill Repeats 3) Cool Down: 2 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 4 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 1.5 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 4 miles at Marathon Pace 3) Cool Down: 1.5 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Race-Specific Run 1) 14 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll</p>	35
10	<p>Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class</p>	<p>Run + BTR Strength Class + Stretch 1) 7 mile Progression Run 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 4 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 1.5 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 4 miles at Marathon Pace 3) Cool Down: 1.5 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Race-Specific Run 1) 16 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll</p>	37
9	<p>Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class</p>	<p>Run + BTR Strength Class + Stretch 1) 7 mile run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 4 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll</p>	<p>Run + BTR Strength Class + Stretch 1) 7 miles run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Race-Specific Run 1) 12 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll</p>	33

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Full Marathon Intermediate Training Plan - Weeks 8 to 5								
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Miles
8	<p>Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 2 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 4 Miles Alternate 0.5 miles at Half Marathon Pace then 0.5 miles at Conversational Pace 3) Cool Down: 2 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 5 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 1.5 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 5 miles at Marathon Pace 3) Cool Down: 1.5 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Race-Specific Run 1) 16 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll</p>	40
7	<p>Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 2 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 4 miles of Hill Repeats 3) Cool Down: 2 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 5 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 1.5 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 5 miles at Marathon Pace 3) Cool Down: 1.5 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Race-Specific Run 1) 18 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll</p>	42
6	<p>Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class</p>	<p>Run + BTR Strength Class + Stretch 1) 8 mile Progression Run 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 5 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 1.5 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 5 miles at Marathon Pace 3) Cool Down: 1.5 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Race-Specific Run 1) 20 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll</p>	44
5	<p>Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class</p>	<p>Run + BTR Strength Class + Stretch 1) 8 mile run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 5 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll</p>	<p>Run + BTR Strength Class + Stretch 1) 8 miles run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Race-Specific Run 1) 16 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll</p>	40

Please note that the thoughts and comments provided above are those of my own.

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23-Week Marathon Training Plan - Intermediate

By Matt Wilpers

Full Marathon Intermediate Training Plan - Weeks 4 to 1								
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Miles
4	<p>Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 2 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 4 Miles Alternate 0.5 miles at Half Marathon Pace then 0.5 miles at Conversational Pace 3) Cool Down: 2 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 5 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 1.5 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 5 miles at Marathon Pace 3) Cool Down: 1.5 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Race-Specific Run 1) 20 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll</p>	44
3	<p>Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 2 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 3 miles of Hill Repeats 3) Cool Down: 2 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 4 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 1.5 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 4 miles at Marathon Pace 3) Cool Down: 1.5 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Race-Specific Run 1) 16 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll</p>	37
2	<p>Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class</p>	<p>Run + BTR Strength Class + Stretch 1) 6 mile Progression Run 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll</p>	<p>Run + BTR Strength Class + Stretch 1) Warm Up: 1.5 miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 3 miles at Marathon Pace 3) Cool Down: 1.5 miles at Conversational Pace 4) Optional Hard Effort Cycling Class 5) BTR Strength Class 6) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Race-Specific Run 1) 10 Miles at Conversational Pace 2) Optional Endurance Cycling Class 3) Optional BTR Strength Class 4) BTR Yoga class + Foam Roll</p>	28
1	<p>Active or Full Rest Day Day Off or BTR Yoga and/or Light Effort Cycling Class</p>	<p>Run + BTR Strength Class + Stretch 1) 5 mile run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Cross-Train + Stretch 1) Light Effort Cycling Class 2) BTR Yoga + Foam Roll</p>	<p>Run + BTR Strength Class + Stretch 1) 5 miles run at Conversational Pace 2) Optional Hard Effort Cycling Class 3) BTR Strength Class 4) BTR Yoga Class + Foam Roll</p>	<p>Recovery Run + Stretch 1) 3 mile run at Conversational Pace 2) Optional Light Effort Cycling Class 3) BTR Yoga + Foam Roll</p>	<p>Race Day 1) Warm Up: 1.5 Miles at Conversational Pace, dynamic stretches, running drills, 4-6 light 15-20 sec accelerations 2) Main Set: 26.2 Mile Race 3) BTR Yoga class + Foam Roll AND Let Us Know How You Did!</p>	43.7

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