

2016 Spring - Steeps Marathon Training

WEEK	Mon	Tues	Wednes	Thurs	Fri	Sat	Sun
1 1/18/16- 1/24/16		7 miles Beg - 3 @ HM Adv - 3 @ T	6 miles CP	Adv - Speedwork, track, intervals Beg - Cross train		Adv Lewis Memorial 10 miler (Grand Prix)	Adv 4-6 miles CP Beg 10 miles CP
2 1/25/16- 1/31/16		7 miles Beg - 3 @ HM Adv - 3 @ T	7 miles CP	Adv - Speedwork, track, intervals Beg - Cross train		12 Miles CP	Adv 4-6 miles CP Beg 2-3miles CP or XTrain
3 2/1/16- 2/7/16		7 miles Beg - 3 @ HM Adv - 3 @ T	6 miles CP	Adv - Speedwork, track, intervals Beg - Cross train		Breakfast Run #3 Beg 3mi CP Adv 10mi CP	14 Miles w/ miles 10-13 Adv @ T Beg @ M
4 2/8/16- 2/14/16		7 miles Beg - 3 @ HM Adv - 3 @ T	7 miles CP	Adv - Speedwork, track, intervals Beg - Cross train		Breakfast Run #4 Beg 3mi CP Adv 10mi CP	12 Miles CP
5 2/15/16- 2/21/16		7 miles Beg - 3 @ HM Adv - 3 @ T	8 miles CP	Adv - Speedwork, track, intervals Beg - Cross train		Breakfast Run #5 Beg 3mi CP Adv 10mi CP	14 Miles w/ miles 10-13 Adv @ T Beg @ M
6 2/22/16- 2/28/16		7 miles Beg - 3 @ HM Adv - 3 @ T	7 miles CP	Adv - Speedwork, track, intervals Beg - Cross train		16 miles CP OR if running Club Challenge, Adv 6 miles CP, Beg. Rest	Club Challenge 10 miler (Grand Prix)
7 2/29/16- 3/6/16		7 miles Beg - 3 @ HM Adv - 3 @ T	8 Miles CP	Adv - Speedwork, track, intervals Beg - Cross train		Breakfast Run #6 Beg 3mi CP Adv 10mi CP	18 Miles w/ miles 14-17 Adv @ T Beg @ M
8 3/7/16- 3/13/16		8 miles Beg - 4 @ HM Adv - 4 @ T	7 Miles CP	Adv - Speedwork, track, intervals Beg - Cross train		Forest of Needwood 5 miler (Grand Prix)	16 Miles CP
9 3/14/16- 3/20/16		8 miles Beg - 4 @ HM Adv - 4 @ T	6 Miles CP	Adv - Speedwork, track, intervals Beg - Cross train		20 Miles CP	Adv 4-6 miles CP Beg 2-3miles CP or XTrain
10 3/21/16- 3/27/16		8 miles Beg - 4 @ HM Adv - 4 @ T	5 Miles CP	Adv - Speedwork, track, intervals Beg - Cross train		16 Miles w/ 12 miles @ M	Adv 4-6 miles CP Beg 2-3miles CP or XTrain
11 3/28/16- 4/3/16		7 miles Beg - 4 @ HM Adv - 4 @ T	6 Miles CP	Adv - Speedwork, track, intervals Beg - Cross train		20 miles CP -or- Adv 4-6 miles CP Beg 2-3miles CP or XTrain	Mission 10 Miler -or- Adv 4-6 miles CP Beg 2-3miles CP or XTrain
12 4/4/16- 4/10/16		6 miles Beg - 3 @ HM Adv - 3 @ T	5 Miles CP	Adv - Speedwork, track, intervals Beg - Cross train		16 miles CP	Adv 4-6 miles CP Beg 2-3miles CP or XTrain
13 4/11/16- 4/17/16		5 miles Beg - 3 @ HM Adv - 3 @ T	5 Miles CP	Adv - Speedwork, track, intervals Beg - Cross train		12 miles CP	Rest
14 4/18/16- 4/24/16		5 Miles CP	3 Miles CP	Cross Train	REST	2 Miles CP	Race Day! Gettysburg Marathon (Grand Prix)

M=Marathon Goal Pace HM=Half Marathon Pace T=Tempo CP=Conversation Pace

Adv=Advanced Beg=Beginners