HOPEWATER INTERNATIONAL

FULL MARATHON TRAINING PLAN

2023 DETROIT/GRAND RAPIDS MARATHON

Plan	Week No.	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BASE	**1**	Apr 17 - Apr 23	**20 min** Easy	Rest	**30 min** Easy	Cross Training	Rest	**30 min** Long	Rest
	2	Apr 24 - Apr 30	**30 min** Easy	Rest	**30 min** Easy	Cross Training	Rest	**35 min** Long	Rest
	3	May 1 - May 7	**35 min** Easy	Rest	**30 min** Easy	Cross Training	Rest	**40 min** Long	Rest
	4	May 8 - May 14	**40 min** Easy	Rest	**35 min** Easy	Cross Training	Rest	**45 min** Long	Rest
	5	May 15 - May 21	**45 min** Easy	Rest	**35 min** Easy	Cross Training	Rest	**50 min** Long	Rest
	6	May 22 - May 28	**50 min** Easy	Rest	**40 min** Easy	Cross Training	Rest	**5K** 3.1 miles	Rest
REGULAR	**1**	May 29 - Jun 4	**3 miles** Easy	**3 miles** Hard	Strength and Core	**2 miles** Easy	Rest	**4 miles** Long	Rest
	2	Jun 5 - Jun 11	**3 miles** Easy	**3 miles** Hard	Strength and Core	**3 miles** Easy	Rest	**5 miles** Long	Cross Training
	3	Jun 12 - Jun 18	**3 miles** Easy	**4 miles** Hard	Strength and Core	**3 miles** Easy	Rest	**6 miles** Long	Cross Training
	4	Jun 19 - Jun 25	**3 miles** Easy	**4 miles** Hard	Strength and Core	**3 miles** Easy	Rest	**8 miles** Long	Cross Training
	5	Jun 26 - Jul 2	**3 miles** Easy	**5 miles** Hard	Strength and Core	**3 miles** Easy	Rest	**10 miles** Long	Cross Training
	6	Jul 3 - Jul 9	**3 miles** Easy	**5 miles** Hard	Strength and Core	**3 miles** Easy	Rest	**7 miles** Long	Cross Training
	7	Jul 10 - Jul 16	**3 miles** Easy	**6 miles** Hard	Strength and Core	**3 miles** Easy	Rest	**12 miles** Long	Cross Training
	8	Jul 17 - Jul 23	**3 miles** Easy	**HOTTEST DAY 5K**	Strength and Core	**4 miles** Easy	Rest	**13.1 miles** Long	Rest
	9	Jul 24 - Jul 30	**3 miles** Easy	**7 miles** Hard	Strength and Core	**4 miles** Easy	Rest	**10 miles** Long	Cross Training
	10	Jul 31 - Aug 6	**3 miles** Easy	**7 miles** Hard	Strength and Core	**4 miles** Easy	Rest	**15 miles** Long	Cross Training
	11	Aug 7 - Aug 13	**4 miles** Easy	**8 miles** Hard	Strength and Core	**4 miles** Easy	Rest	**16 miles** Long	Rest
	12	Aug 14 - Aug 20	**4 miles** Easy	**8 miles** Goal Race Pace	Strength and Core	**5 miles** Easy	Rest	**12 miles** Long	Cross Training
	13	Aug 21 - Aug 27	**5 miles** Easy	**9 miles** Hard	Strength and Core	**5 miles** Easy	Rest	**17 miles** Long	Rest
	14	Aug 28 - Sep 3	**5 miles** Easy	**9 miles** Hard	Strength and Core	**5 miles** Easy	Rest	**14 miles** Long	Cross Training
	15	Sep 4 - Sep 10	**5 miles** Easy	**10 miles** Hard	Rest	**5 miles** Easy	Rest	**18 miles** Long	Rest
	16	Sep 11 - Sep 17	**5 miles** Easy	**8 miles** Hard	Strength and Core	**5 miles** Easy	Rest	**12 miles** Long	Cross Training
	17	Sep 18 - Sep 24	**5 miles** Easy	**10 miles** Hard	Rest	**5 miles** Easy	Rest	**20 miles** Long	Rest
	18	Sep 25 - Oct 1	**5 miles** Easy	**8 miles** Goal Race Pace	Strength and Core	**4 miles** Easy	Rest	**12 miles** Long	Cross Training
	19	Oct 2 - Oct 8	**4 miles** Easy	**6 miles** Hard	Rest	**3 miles** Easy	Rest	**8 miles** Long	Rest
	20	Oct 9 - Oct 15	**3 miles** Easy	**4 miles** Easy	Rest	**2 miles** Easy	Rest	Rest	**Marathon!**

EASY

These days are exactly what they say they are. You should be running at a relaxed pace, without breathing hard. If you are running with someone you should be able to easily carry on a conversation

STRENGTH AND CORE

Strength and core exercises are critical for marathon training to prevent injuries and improve your running form, which translates into greater running efficiency.

Some of the best strength and core exercises for runners and walkers include: planks, lunges, and cycling.

HARD

It is important to challenge yourself once a week. You can choose between the following workouts for your 'hard' days:

Tempo: A tempo run consists of a warm-up period (1 mile) at an easy pace then pick a pace for the middle miles and finish easy for the last mile of the workout. Generally the middle miles, or tempo portion, is about 30-60 seconds per mile faster than your goal marathon pace. This helps you maintain your marathon pace over a longer period of time during the actual event.

Hills: Running a hillier course can help increase your strength and speed without requiring extra mileage. Try to maintain the same pace on the inclines and declines.

Intervals: Intervals help increase your running strength and improve your form. You can break down your mileage into intervals of 400m, 800m, or 1 mile. Start by doing a 1 mile warm up, then run each interval at a pace 60-90 seconds per mile faster than your goal marathon pace, resting for 2-4 minutes in between. You typically want to run intervals on a flat surface or a track.

LONG

This type of run covers a longer distance at a pace slower than your normal training pace, typically 1 to 2 minutes per mile slower than your goal marathon pace.

REST

Rest is important to let your muscles recover and rebuild. Take the day off and relax.

CROSS TRAINING

This is doing any aerobic exercise other than running such as swimming, biking, or other moderately intense workout. The goal is to continue to improve your fitness while giving your 'running' muscles a rest.

GOAL RACE PACE

Your goal race pace is the pace you plan to run the full or half marathon at. Your goal race pace can be calculated many ways and there are various predictors on-line.

For an on-line pace predictor, go to www.mcmillanrunning.com