

TRAINING SCHEDULE

The following is a sample marathon training schedule which could be used as advanced training for the Black Hills Veteran March.

(Source: *Duke City Marathon Schedule*)

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 |
|-------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|
| Day 1 | 4 | 4 | 5 | 5 | 6 | 6 | 5 | 5 | 9 | 10 | 10 | 7 |
| Day 2 | 3 | 4 | 3 | 5 | 4 | 5 | 5 | 6 | 7 | 7 | 6 | 6 |
| Day 3* | I | I | I | I | I | I | I | I | I | I | I | R |
| Day 4 | 4 | 5 | 4 | 6 | 6 | 6 | 6 | 6 | 7 | 8 | 6 | 4 |
| Day 5 | 2 | 3 | 3 | 3 | 8 | 10 | 11 | 7 | 10 | 12 | 10 | 2 |
| Day 6 | R | R | R | R | R | R | R | R | R | R | R | R |
| Day 7 | 7 | 7 | 10 | 10 | 12 | 12 | 14 | 16 | 18 | 20 | 12 | RD |
| Total Miles | 24 | 27 | 30 | 34 | 41 | 44 | 48 | 47 | 56 | 62 | 44 | 19 |

Phase 1: (*Weeks 1-4*) This phase of training assumes that you have reached the four-mile per day level. First-time marathoners should build up to this goal with at least six months of marching experience. The secret to successfully completing Phase 1 is learning to march at a consistent pace that will allow you to complete the marathon.

Phase 2: (*Weeks 5-8*) In Phase 2 you will experience a progressive increase in the mileage, interval workout and training time.

Phase 3: (*Weeks 9-12*) Phase 3 leads you to a long march of 20 miles, increasing your confidence in performing long distance and increased intervals. Marching of diminishing distance in the 10 days immediately preceding the event allows you to build strength and rest for race day.

Wednesday Interval Training Schedule: Always begin with stretching exercises.

R = Rest

RD = Race Day

I – Interval Training