

MOJO Running

Beginner/Intermediate Marathon Training Program

Spring 2017

| Week # | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total | Sat Date |
|--------|-------------------------|---------|---------|-----------|----------------|--------|------------------|--------|----------|
| 1 | 45-60min | Rest/XT | 4-7M | XT | 5M Free | rest | 4-7M | 17-24M | Jan 14th |
| 2 | 30-45min recovery | Rest/XT | 4-7M | XT | 6M Free | Rest | 5-7M | 18-24M | Jan 21st |
| 3 | 40-70min recovery | Rest/XT | 4-7M/SP | XT | 6M Free | Rest | 5-8M | 20-28M | Jan 28th |
| 4 | 45-70min recovery | Rest/XT | 4-7M/SP | XT | 40-60min Tempo | Rest | 6-10M | 22-31M | Feb 4th |
| 5 | 45-70min recovery | Rest/XT | Speed | XT | 4-6M Free | Rest | 7-11M | 22-28M | Feb 11th |
| 6 | 45-70min recovery | Rest/XT | 4-7M/SP | XT | 40-60min Tempo | Rest | 8-12M | 24-33M | Feb 18th |
| 7 | 55-75min recovery | Rest/XT | 4-7M/SP | XT | 40-60min Tempo | Rest | 10-14M | 27-36M | Feb 24th |
| 8 | 40-55min recovery | Rest/XT | 4-7M/SP | XT | 40-60min Tempo | Rest | 12-16M | 27-35M | Mar 4th |
| 9 | 45-75min recovery | Rest/XT | Speed | XT | 4-6M Free | Rest | 14-16M or | 30-34M | Mar 11th |
| 10 | 13.1 HMM | Rest/XT | 5-8M/SP | XT | 30-45min Tempo | Rest | 15-17M | 30-36M | Mar 18th |
| 11 | 45-75min recovery | Rest/XT | 4-7M/SP | XT | 30-45min Tempo | Rest | 18-20M | 41-46M | Mar 24th |
| 12 | 40-60min recovery | Rest/XT | 4-7M/SP | XT | 40-60min Tempo | Rest | 15-16M | 30-35M | Apr 1st |
| 13 | 50-75min recovery | Rest/XT | Speed | XT | 6M Free | Rest | 18-22M | 34-40M | Apr 8th |
| 14 | 30-50min recovery | Rest/XT | 4-7M/SP | XT | 30-45min Tempo | Rest | 20M | 34-38M | Apr 15th |
| 15 | 40-60min recovery | Rest/XT | 4-6M/SP | XT | 6M Easy | Rest | 14-16M | 28-33M | Apr 22nd |
| 16 | 50-75min recovery | Rest/XT | 4-5M/SP | XT | 5M Easy | Rest | 8-12M | 22-28M | Apr 29th |
| 17 | 40-60min recovery | Rest | 4M | Rest | 3-4M Easy | Rest | REST | 11-14M | May 6th |
| 18 | May 7 Flying Pig | Rest | Rest | Rest | 2-5 Easy | Rest | 4-6 Easy | | |

| | | | | |
|--------|----------|-----------------|---------------------|--------|
| Notes: | Saturday | Feb 24th | Downtown FP Course | 12-14M |
| | Sunday | Mar 12th | Heart Mini Marathon | 13.1M |
| | Saturday | Mar 18th | Shamrock Shuffle | 10K+ |
| | Saturday | April 1st | Hamilton Run | 15-16M |
| | Saturday | Apr 15th | Downtown FP Course | 20M |



Training For Flight
CINCINNATI FLYING PIG MARATHON

Recovery run low intensity effort

Free run a run without technology; run to a moderately hard effort or feel to a moderately hard feeling

Tempo run a run where the middle 20 minutes are run 10-15 seconds below goal pace, i.e. 15 w-u, 20 tempo, 15 c-d

MOJO Running

Advanced Marathon Training Program

Spring 2017

| Week # | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total | Sat Date |
|--------|-------------------------|---------|---------|-----------|----------------|--------|------------------|--------|-----------------|
| 1 | 30-50min | Rest/XT | 4-7M | XT | 5M Free | Rest | 8-10M | 20-27M | Jan 14th |
| 2 | 35-55min recovery | Rest/XT | 4-7M/SP | XT | 6M Free | Rest | 8-10M | 21-28M | Jan 21st |
| 3 | 45-60min recovery | Rest/XT | 4-7M/SP | XT | 6M Free | Rest | 10-12M | 24-32M | Jan 28th |
| 4 | 45-60min recovery | Rest/XT | 4-7M/SP | XT | 50-70min Tempo | Rest | 11-13M | 25-33M | Feb 4th |
| 5 | 45-60min recovery | Rest/XT | Speed | XT | 6M Free | Rest | 12-14M | 25-29M | Feb 11th |
| 6 | 50-75min recovery | Rest/XT | 4-7M/SP | XT | 50-70min Tempo | Rest | 14-16M | 29-36M | Feb 18th |
| 7 | 55-75min recovery | Rest/XT | 4-7M/SP | XT | 50-70min Tempo | Rest | 16-18M | 31-38M | Feb 24th |
| 8 | 55-75min recovery | Rest/XT | 4-7M/SP | XT | 50-70min Tempo | Rest | 20M | 35-45M | Mar 4th |
| 9 | 60-90min recovery | Rest/XT | Speed | XT | 6M Free | Rest | 15-17M or | 33-40M | Mar 11th |
| 10 | 13.1HMM or recov | Rest/XT | 5-8M/SP | XT | 42-60min Tempo | Rest | 18-20M | 36-45M | Mar 18th |
| 11 | 55-75min recovery | Rest/XT | 4-7M/SP | XT | 6M Free | Rest | 20-22M | 45-50M | Mar 24th |
| 12 | 55-75min recovery | Rest/XT | 4-7M/SP | XT | 50-70min Tempo | Rest | 15-16M | 36-42M | Apr 1st |
| 13 | 35-55min recovery | Rest/XT | Speed | XT | 6M Free | Rest | 22-24M | 42-50M | Apr 8th |
| 14 | 55-85min recovery | Rest/XT | 4-7M/SP | XT | 42-60min Tempo | Rest | 20M | 37-45M | Apr 15th |
| 15 | 45-60min recovery | Rest/XT | 4-6M/SP | XT | 42-60min Tempo | Rest | 14-16M | 29-35M | Apr 22nd |
| 16 | 55-75min recovery | Rest/XT | 4-5M/SP | XT | 5M Easy | Rest | 8-12M | 23-30M | Apr 29th |
| 17 | 35-55min recovery | Rest | 4M | Rest | 3-4M Easy | Rest | Rest | 11-14M | May 6th |
| 18 | May 7 Flying Pig | Rest | Rest | Rest | 2-5 Easy | Rest | 4-6 Easy | | |

| | | | | |
|--------|----------|-----------------|---------------------|--------|
| Notes: | Saturday | Feb 24th | Downtown FP Course | 12-14M |
| | Sunday | Mar 12th | Heart Mini Marathon | 13.1M |
| | Saturday | Mar 18th | Shamrock Shuffle | 10K+ |
| | Saturday | April 1st | Hamilton Run | 15-16M |
| | Saturday | Apr 15th | Downtown FP Course | 20M |



Training For Flight
CINCINNATI FLYING PIG MARATHON

Recovery run low intensity effort

Free run a run without technology; run to a moderately hard effort or feel to a moderately hard feeling

Tempo run a run where the middle 20 minutes are run 10-15 seconds below goal pace, i.e. 15 w-u, 20 tempo, 15 c-d