



Official Chisholm Trail Trailblazer Training Program (Beginner Marathon)

My Goal Time: _____

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18 Informational Meeting 6p @ First Gear *Set Goal Time for Marathon*	19 5mi Easy	20 4mi Easy	21 5mi Easy	22 Training Run @ HS 7a 6mi Long Run
23 4mi Easy	24 4mi Easy	25 1.5mi WU 8x400m @5k Pace 400m rest 1.5mi CD	26 Rest	27 1mi WU 5mi Tempo @MP 1mi CD	28 8mi Easy	29 Training Run @ HS 7a 8mi Long Run
30 4mi Easy	31 4mi Easy	Notes: *All for rest days would be a 45 min cross-training day* *Easy Runs are EASY!! MP +1-2min* *WU/CD - is an "EASY" Run*				

WU = Warm Up
 CD = Cool Down
 MP = Marathon Pace
 HS = Health Strategies
 (across from Wesley Hospital main entrance)

Follow us on Facebook @
<https://www.facebook.com/WichitaChisholmTrailMarathon/?ref=settings>





Official Chisholm Trail Trailblazer Training Program (Beginner Marathon)

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1.5mi WU 8x600m @5k Pace 400m jog rest 1.5mi CD	2 Rest	3 1mi WU 5mi Tempo @MP 1mi CD	4 6mi Easy	5 Training Run @HS 7a 10mi Long Run
6 4mi easy	7 6mi Easy	8 Training Run 8 1.5mi WU 6x800m @5k Pace 400m jog rest 1.5mi CD	9 Rest	10 1mi WU 6mi Tempo @MP 1mi CD	11 5mi Easy	12 Training Run @HS 7a 12mi Long Run
13 6mi Easy	14 7mi Easy	15 Training Run 15 1.5mi WU 1x1k @5K Pace 400m jog rest 1.5mi CD	16 Rest	17 1mi WU 6mi Tempo @MP 1mi CD	18 8mi Easy	19 Training Run @HS 7a 13-14mi Long Run
20 6mi Easy	21 7mi Easy	22 Training Run 22 1.5mi WU 4x1200m @5k Pace 400m jog rest 1.5mi CD	23 Rest	24 1mi WU 7mi Tempo @MP 1mi CD	25 8mi Easy	26 Training Run @HS 7a 10mi Long Run
27 5mi Easy	28 5mi Easy	29 Training Run 29 1.5mi WU 6x1mi @10k Pace 400m jog rest 1.5mi CD	30 Rest	31 1mi WU 8mi Tempo @MP 1mi CD		
Note: * Tuesday Night Training Runs Time/Location will be posted on Facebook*						

HM = Half Marathon Pace



Official Chisholm Trail Trailblazer Training Program (Beginner Marathon)

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8mi Easy 1	Training Run 2 @HS 7a 15-16mi Long Run
5mi Easy 3	5mi Easy 4	Training Run 5 1.5mi WU 4x1.5mi @10k Pace 800m jog rest 1.5mi CD	Rest 6	1mi WU 8mi Tempo @MP 1mi CD 7	8mi Easy 8	Training Run 9 @HS 7a 10mi Long Run
5mi Easy 10	7mi Easy 11	Training Run 12 1.5mi WU 3x2mi @10k Pace 800m jog rest 1.5mi CD	Rest 13	1mi WU 9mi Tempo @MP 1mi CD 14	6mi Easy 15	Training Run 16 @HS 7a 16mi Easy
6mi Easy 17	5mi Easy 18	Training Run 19 1.5mi WU 2x3mi @HM Pace 1mi jog rest 1.5mi CD	Rest 20	1mi WU 9mi Tempo @MP 1mi CD 21	8mi Easy 22	Training Run 23 @HS 7a 10mi Easy
5mi Easy 24	7mi Easy 25	Training Run 26 1.5mi WU 3x2mi @10k Pace 800m jog rest 1.5mi CD	Rest 27	1mi WU 10mi Tempo @MP 1mi CD 28		

Note:

Alt for rest days would be a 45 min cross-training day

Saturday 16th - Run in what you are running in for the Marathon

Saturday 16th - Practice taking your nutrition as you would on Race Day





Official Chisholm Trail Trailblazer Training Program (Beginner Marathon)

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					6mi Easy 1	Training Run @HS 7a 18-20mi Long Run 2
6mi Easy 3	5mi Easy 4	Training Run 5 1.5mi WU 4x1.5mi @10k Pace 800m jog rest 1.5mi CD	Rest 6	1mi WU 10mi Tempo @MP 1mi CD 7	8mi Easy 8	Training Run @HS 7a 10mi Long Run 9
5mi Easy 10	7mi Easy 11	Training Run 12 1.5mi WU 6x1mi @10k Pace 400m jog rest 1.5m CD	Rest 13	1mi WU 10mi Tempo @MP 1mi CD 14	6mi Easy 15	Training Run @HS 7a 8mi Easy 16
6mi Easy 17	5mi Easy 18	Training Run 19 1.5mi WU 2x800m @MP +20sec 800m jog rest 1.5mi CD	Rest 20	5mi Easy 21	4mi Easy 22	Expo/Package Pick up 3mi Easy 23
RACE DAY You will do GREAT! 24						
31	Note: *Saturday 2nd - Run in what you are running in for the Marathon* *Saturday 2nd - Practice taking your nutrition as you would on Race Day*					

