

MARATHON TRAINING SCHEDULE

Heart Rate Intensity Phase: Base & Strength

Zone 1 Recovery

50-60% Max

Zone 2 Aerobic/Easy

60-70% Max

Zone 3 Tempo/Marathon

70-80% Max

Zone 4 Threshold/Sub-AT

80-90% Max

Zone 5 Anaerobic

90-100% Max

1	Rest	45m Easy (Z2)	30m Easy (Z2)	40m Tempo (Z3)	Rest	60m Easy (Z2)	10mi Long (Z2)
2	Rest	50m Easy (Z2)	35m Easy (Z2)	5x1k Inter. (Z4)	Rest	60m Easy (Z2)	12mi Long (Z2)
3	Rest	50m Easy (Z2)	40m Easy (Z2)	50m Tempo (Z3)	Rest	70m Easy (Z2)	14mi Long (Z2)
4	Rest	30m Recov (Z1)	30m Recov (Z1)	30m Easy (Z2)	Rest	40m Easy (Z2)	8mi (Cutback)
5	Rest	60m Easy (Z2)	45m Easy (Z2)	6mi Threshold (Z4)	Rest	75m Easy (Z2)	16mi Long (Z2)

Note: Target zones are based on percentage of Maximum Heart Rate (MHR). Adjust distances based on fitness level.