

MARATHON TRAINING: SENIOR DIVISION

Focus: Endurance & Joint Health Target: 26.2 Miles

01 - 04	30m Walk/Run	Strength/Mobility	<i>Active Recovery</i>	4 - 6 Miles	<i>Rest</i>
05 - 08	45m Easy Run	Strength/Mobility	<i>Active Recovery</i>	8 - 10 Miles	<i>Rest</i>
09 - 12	50m Tempo Run	Strength/Mobility	<i>Active Recovery</i>	12 - 15 Miles	<i>Rest</i>
13 - 16	60m Easy Run	Strength/Mobility	<i>Active Recovery</i>	16 - 20 Miles	<i>Rest</i>
17 - 18	20m Low Impact	Flexibility	<i>Full Rest</i>	Taper (6 Miles)	<i>Rest</i>

*Listen to your body. Incorporate foam rolling and hydration daily. Consult a physician before beginning high-intensity training.