Marathon 20 Week Training Plan

R.E.S.E.T.®

Reorganising of Emotional Systems into Effective Transformation….by Heiko Stribl

MARATHON TRAINING PLAN

42,2K in 20 Weeks.

26.2m in 20 Weeks. Intermediate.

Getting Started

Commitment:
I (your name) _____ wholeheartedly commit to diligently follow my running plan, acknowledging its significance in my pursuit of physical well-being and personal growth. I pledge to adhere to the **prescribed schedule**, embracing each run as an opportunity for **progress** and self-improvement. Regardless of external challenges or distractions, I will prioritize this commitment, understanding that **consistency** is the key to achieving my fitness goals. With unwavering dedication, I promise to honor the plan's structure, push my limits, and **celebrate** the incremental victories on this journey towards a healthier, stronger version of myself. This commitment is not just to a plan but to the betterment of my mind and body.

My goal: on _____ (date) complete a _____-kilometer run in _____

hour/minutes at the _____ (event name).

" Written training plans provide clarity, focus, and accountability, enhancing goal adherence and facilitating progress tracking for improved performance and results. "

Title: Journey to the Marathon: A Comprehensive 20-Week Training Plan for First-Time Runners

Introduction:

Embarking on the exhilarating journey of training for your first marathon is a monumental undertaking that requires careful planning, dedication, and perseverance. Over the course of 20 weeks, this comprehensive training plan will guide first-time runners through the essential steps to prepare both their bodies and minds for the ultimate endurance challenge.

Weeks 1-4: Establishing the Foundation

The first four weeks are dedicated to building a solid foundation of fitness and establishing a routine. Begin with moderate mileage, aiming for 3-4 runs per week, with a focus on consistency rather than intensity. Incorporate a mix of easy runs, cross-training activities such as cycling or swimming, and strength training to improve overall fitness and prevent injury. Gradually increase the length of your runs and the duration of your workouts to build endurance and prepare your body for the demands of marathon training.

Weeks 5-8: Building Endurance

During weeks 5-8, focus on increasing your mileage and building endurance. Gradually extend the distance of your long runs, aiming to cover at least 10-12 miles by the end of this phase. Incorporate tempo runs and interval workouts to improve speed and stamina while continuing to prioritize consistency and recovery. Pay attention to your body's signals and adjust your training as needed to prevent overtraining and injury.

Weeks 9-12: Increasing Mileage and Intensity

In weeks 9-12, ramp up both mileage and intensity to further prepare your body for the marathon distance. Continue to increase the length of your long runs, aiming for distances of 14-16 miles by the end of this phase. Incorporate longer tempo runs and

interval workouts to challenge your speed and endurance. Consider participating in a half marathon or other shorter races as a tune-up and confidence booster.

Weeks 13-17: Peak Training

During the peak training phase, focus on reaching your maximum mileage and peak fitness level. Gradually increase the length of your longest run to 18-20 miles to simulate the marathon distance. Fine-tune your race-day strategy, including pacing, fueling, and hydration strategies. Practice running at your goal marathon pace during long runs and race simulations to familiarize yourself with the demands of race day.

Weeks 18-20: Tapering and Mental Preparation

In the final weeks leading up to the marathon, begin to taper your mileage to allow your body to rest and recover before race day. Reduce the length and intensity of your workouts while maintaining a consistent training routine to stay sharp. Focus on mental preparation, visualizing yourself crossing the finish line strong and confident. Develop a race-day plan, including logistics such as transportation, gear, and nutrition, to minimize stress and ensure a smooth race-day experience.

Key Considerations for First-Time Marathoners:

1. Listen to Your Body: Pay attention to any signs of fatigue, discomfort, or injury, and adjust your training accordingly. Rest and recovery are just as important as the workouts themselves.

2. Gradual Progression: Increase mileage and intensity gradually to avoid overtraining and injury. Respect your body's limits and don't push too hard too soon.

3. Consistency is Key: Stick to your training plan as much as possible, but don't stress over missed workouts or setbacks. What matters most is consistency over the long term.

4. Cross-Train and Strength Train: Incorporate cross-training activities such as cycling, swimming, or yoga to improve overall fitness and prevent overuse injuries. Strength train to build muscular strength and stability, especially in the legs and core.

5. Nutrition and Hydration: Pay attention to your nutrition and hydration, both during training and on race day. Fuel your body with a balanced diet rich in carbohydrates, protein, and healthy fats, and stay hydrated throughout the day.

6. Rest and Recovery: Prioritize rest and recovery to allow your body to adapt to the training stimulus and become stronger. Get adequate sleep, practice relaxation techniques, and consider incorporating activities such as massage or foam rolling to aid in recovery.

7. Enjoy the Journey: Remember that training for a marathon is as much about the journey as it is about the destination. Embrace the challenges, celebrate the victories, and enjoy the process of becoming a marathoner.

Conclusion:

Preparing for your first marathon is an incredible journey that requires dedication, perseverance, and a comprehensive approach to training. Over the course of 18 weeks, this training plan provides a roadmap to success, guiding first-time runners through the essential steps to build endurance, strength, and mental resilience. By following a structured training plan, listening to your body, and prioritizing rest and recovery, you can confidently embark on the marathon journey and cross the finish line of your first marathon with pride and accomplishment. Remember to enjoy the process, celebrate your progress, and embrace the incredible sense of achievement that comes with completing your first marathon.

Hebrews 12:1
Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us.

For intermediate runners in MILES For intermediate runners

Week	Sunday	Monday: Easy Run	Tuesday	Wednesday: Aerobic Run	Thursday	Friday: Easy Run	Saturday: Long Run
1	rest	5	strength training or	7	rest	7	9

			cross-training				
2	rest	5	strength training or cross-training	7	rest	7	9
3	rest	5	strength training or cross-training	7	rest	7	9
4	rest	5	strength training or cross-training	7	rest	7	9
5	rest	7	strength training or cross-training	6	rest	8	13
6	rest	7	strength training or cross-training	6	rest	8	13
7	rest	7	strength training or cross-training	6	rest	8	13
8	rest	7	strength training or	6	rest	5	14

			cross-training				
9	rest	7	strength training or cross-training	6	rest	5	14
10	rest	8	strength training or cross-training	6	rest	5	15
11	rest	8	strength training or cross-training	6	rest	5	15
12	rest	8	strength training or cross-training	6	rest	5	15
13	rest	8	strength training or cross-training	6	rest	5	14
14	rest	3	strength training or cross-training	7	rest	4	18
15	rest	3	strength training or	7	rest	4	18

			cross-training				
16	rest	4	strength training or cross-training	10	rest	4	13
17	rest	4	strength training or cross-training	10	rest	4	13
18	rest	7	strength training or cross-training	5	rest	2	8
19	rest	7	strength training or cross-training	4	rest	6	8
20	rest	2	strength training or cross-training	3	rest	4	6

If you are tired of…

Inconsistent practice sessions — some days you are on, some days you are (way) off.

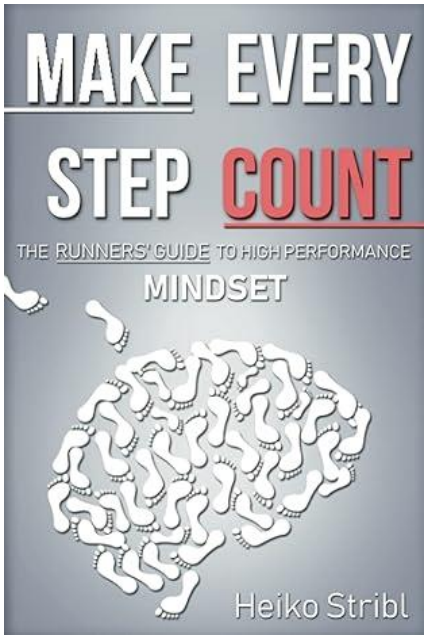
Feeling unfocused and unmotivated when the weather isn't to your liking, or you face a steep hill. Dreaming of being a stronger and smarter runner? But, you are not confident even though you are following the training plan,

Feeling like you aren't progressing as fast as you could be? And you know that you could be training and running much faster than you are right now…

Then you need to get your hands on Make Every Step Count today.

"The Runners' Secret Weapon for

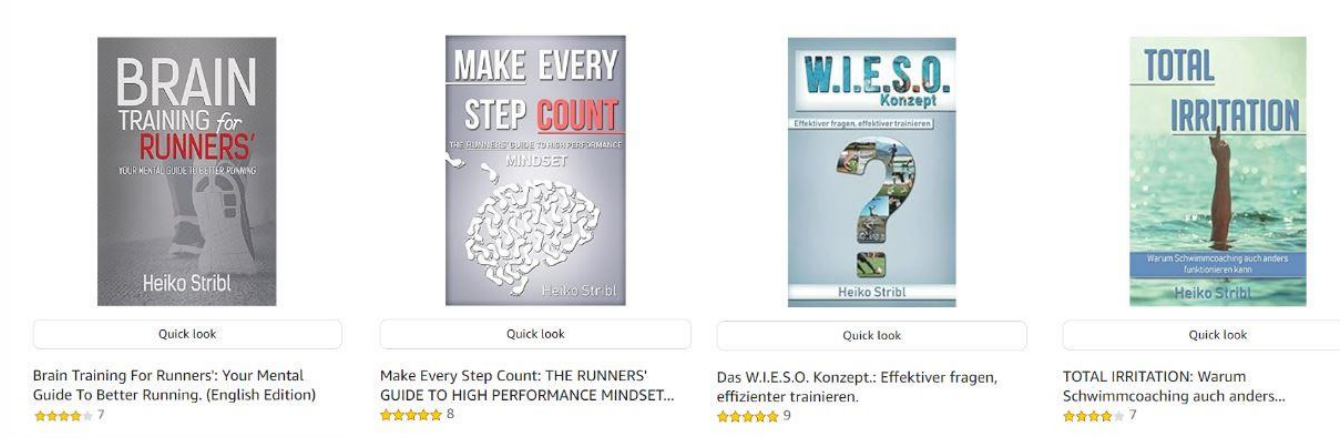
Better Run Practices and Faster Running..."



Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.
Discover the essentials of crafting a remarkable running goal and, more crucially, construct a comprehensive plan to turn that goal into an accomplishment. Our program includes a detailed guide for creating training objectives, ensuring you stay focused and motivated during every run.
Do not settle for being the runner with grand aspirations that never come to fruition.

Your Make Every Step Count Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



SHOWNOTES:

What does this mean for your running? Here some useful links.
Your "how to do it" run streak Run 365 Days: Your 365 Day Run Streak
Brain Training For Runners': Your Mental Guide To Better Running.
Improve your discipline Accountability Coach.
Add swimming to your run Become a better swimmer.
Follow us on INSTAGRAM.
Follow us on TWITTER.
Follow us on YouTube.
More about your HOST.
Train your BRAIN become a better runner.
Podcast Apple Advanced Endurance Coaching.
Podcast Spotify Advanced Endurance Coaching.