

Section 2 ~

Training Calendar

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This training calendar is a guide based on my years of training and race preparation experience. Whatever your running goals might be, the one constant must be persistence! By this I mean you must train toward achieving your goals on a regular, consistent basis. Doing that on some days will be a bigger challenge than on others. But to be successful, you must engage each day with *passion* and stay focused on your goal for your Marathon.

This doesn't ask much of you on a daily basis. So plan your schedule, do a little every day, and in a short period of time, you'll be on a steady course toward achieving your goal.

As with many other training programs for the marathon, a common thread is “**The Long Run**”—a long-distance run at an easy pace. These runs appear in your Roadrunner Training Calendar once a week. They are all about “time on your feet with a distance firmly in mind” so that the relationship between them will be firmly connected as you pursue your marathon goal. Your Long Easy Run should always be your longest distance run of the week—up to twice your average daily running time or distance.

There are significant benefits to be gained from these Long Easy Runs. Physically, you will feel and notice a change in your endurance levels and notice an increased ability to push back fatigue. Mentally, this improvement will also build your self-confidence. Nowhere is it written that you have to run every step of a marathon. There is magic in achieving the goal of completing **26.2 miles**—and every runner I see achieving it on race day is doing so in their own very individual and unique way.

When doing your weekly, Long Easy Run, set a pace relative to the conditions for that day that is approximately **2 minutes per mile slower** than your marathon goal pace. If you experience difficulty holding that pace, slow down or take a walk break. I believe in the walk-break system and recommend you experiment with this when your Long Easy Run distance reaches 12 miles and above. Walk breaks will give you the recovery you need to always successfully complete your long easy runs.