



# Marathon Training Guide

## Meet Your Coaches

Hey there! It's Coach Leah and Coach Victoria - we're Physical Therapists and run coaches and we want to help you run your best marathon without worrying about getting injured! We know that marathon training can be overwhelming, especially if you're trying to balance performance while staying injury-free. That's why we put together this free guide with some of our best tips to help you get started!



### “ Let Us Help!

Training for a marathon can seem overwhelming but with the right guidance and support, it can be an incredible experience and something you will never forget.

### ... In case you want more

We're currently accepting runners to join our 20-week marathon training program. If you've always felt like you want the guidance of a coach but can't afford 1:1 coaching, we've come up with a hybrid plan that allows you to follow a training plan put together by Physical Therapists, while also receiving custom guidance throughout. Our goal is to make sure you get to your race injury-free and feeling your best!

## Our Mantra

Marathon training is all about balance! It is ok to alter your schedule to your life. Running is not our only job and we want to help you be flexible while achieving your goals! We also totally understand if you're not yet ready to commit to training with us, so here are a few tips to help you get started on your own!



## Finding Your Paces

To get started, you will need to find the paces that are right for you and your current level of fitness. Run a 2 mile time trial to help find a baseline. You can also use a previous 5K, 10K, half, or full marathon time within the last month.

However, when in doubt be sure to focus on effort. Paces can change due to many factors including but not limited weather, sickness, stress, lack of sleep or nutrition. Be sure to listen to your body and not just focus on the number on your watch!

# Sample Week

Week 9	Day 57	Day 58	Day 59	Day 60	Day 61	Day 62	Day 63
<input type="checkbox"/> Run	<input type="checkbox"/> Run	<input type="checkbox"/> Run or Crosstrain	<input type="checkbox"/> Rest day	<input type="checkbox"/> Run	<input type="checkbox"/> Run	<input type="checkbox"/> Rest day	<input type="checkbox"/> Rest day
<b>A) Easy Zone 2 with Strides</b> 4 mile easy, conversational pace  6 x 30 second strides (maximum effort RPE 8-10) with 1 min recovery easy running between	Focusing on Speed Endurance and Comfort with Higher Speeds Quality is most important with this workout. Be sure to warm up well, and try to run negatives for the 800m efforts (last rep is fastest).  <b>A) Track Workout</b> 1 mile warm up  6 x .50miles @ Zone 4 (RPE 7-8 @ 10K goal pace) followed by .25miles @ Zone 1 (RPE 3-5)  1 mile cooldown	<b>A) Easy Zone 2</b> 4 miles easy, conversational pace RPE 3-4 OR Crosstrain of your choice	Rest day	This workout is designed to give your body familiarity with maintaining faster speeds for longer periods. This is meant to be at or slightly above your threshold. Try your best to negative split the main set (your last rep of 7 min should be your fastest). Be sure to do the full cool down, which can help reduce some soreness!  <b>A) Tempo Run</b> 5 min warm up  4 x 7 min at VDOT Threshold pace followed by 4 min easy @ zone 2-4  5 min cooldown run/walk	<b>A) Easy Zone 2 Long Run</b> 11 miles at conversation pace RPE 3-4	Rest day	Rest day

## Speed Runs

Building strength through speed training is important as you prepare and allows you to work varying anaerobic and aerobic systems. You should introduce various speed workouts throughout training; including strides, intervals, threshold, and tempo runs.

## Tempo Runs

A tempo run is a hard controlled pace that can be sustained for an extended period of time. The purpose of these runs are to increase your ability to run faster for longer and become comfortable being uncomfortable.

## Long Runs

Endurance is important to help prepare your body AND mind to tackle the 26.2 distance. It also helps you prepare for the mental and physical challenges that can occur during the race. It's important that your long runs build every week, but try and keep them <50% of your total weekly mileage.

## Easy/Recovery Runs

Recovering is just as important as the hard workouts! Recovery and rest are where the adaptations occur. Use these days to run easy and base it on how you feel on that specific day. Your paces do not matter and it is not abnormal for your easy paces to vary from run to run. It is essential that you listen to your body throughout your training!

## ADDITIONAL TIPS

### 01 FUELING

Fueling is a critical part of marathon training and racing. You are limiting yourself from reaching your full potential without fueling properly. Generic guidelines include 60-90grams of carb per hour (runs over 2 hours)

### 02 SHOES

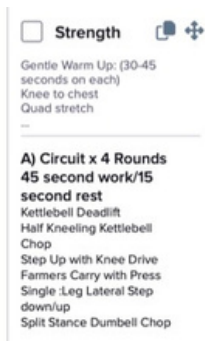
Shoes are very specific to the person. Find the shoe that feels most comfortable to you. One or 2 pairs is more than enough to get you through your training

### 03 HR/ RPE EFFORT

Both are very beneficial in helping you find your pace for a specific run and there is not one method that is more important than the other. The most important tool you can use is listening to your body.



# Strength Training



Strength training is a crucial component in your marathon training to prevent injury and improve your overall running economy.

Strength does not have to be complicated or leave you breathless and sweaty, we get enough of that from running! It should focus on aspects that will support your running. Basics are always best during marathon training. We generally recommend 2 strength sessions/week while training for a marathon.

Training for a marathon is a big deal and we want to help you reach the finish line feeling your best! We hope you enjoyed these tips and we're here for you if you want more guidance or help with a training plan.

## PACKAGE DETAILS

- Access to 20-week program on TrueCoach App
- Onboarding call
- Unlimited communication with Dr. Leah through text/email/TrueCoach
- Strength training program
- Feedback on all runs and strength through TrueCoach
- Pre-race call
- Discount on future 1:1 coaching after completion of race
- You get the entire 20-week program including personalized guidance for only \$499!!!

