

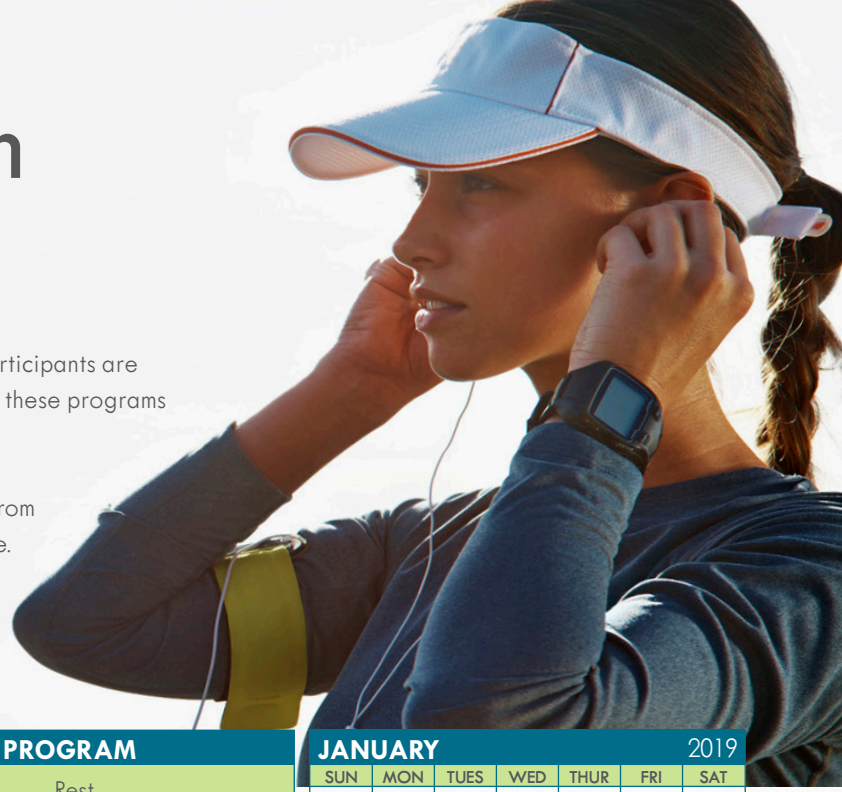
# training program

## full marathon

The Prevea Training Programs is designed for beginner runners. Participants are expected to walk or run at least three to four times each week for these programs to create the most benefit.

Specified distances at the Prevea Training Runs, held every Saturday from Jan. 12 to May 11, correspond with the full and half marathon schedule.

The program designates each day of the week to a particular running speed, cross-training or resting. Follow the chart below.



### Definitions

**XT** - Cross-training includes swimming, biking, elliptical training and weight training for cardio-endurance (light weights with high repetitions). The key is to keep the cross training exercises low impact, while you burn calories and take a break from running.

**Long** - These are long, slow distance runs of one and a half to three hours in duration. These runs can include brief breaks for walking, stretching and hydrating. Runners or walkers should cover these runs at a slightly slower pace than their goal marathon pace.

**Medium** - These are runs that should be done at your marathon goal pace. They are designed to help strengthen your legs and mind for the race. This run should also include speed or hill training.

**Easy** - An easy or comfortable run done at a comfortable pace. Make sure you rest on Saturday, May 18 prior to the race. You want to make sure your body is fully prepared for the race on Sunday.

| TRAINING PROGRAM |        |
|------------------|--------|
| SUNDAY           | Rest   |
| MONDAY           | Easy   |
| TUESDAY          | Easy   |
| WEDNESDAY        | Medium |
| THURSDAY         | XT     |
| FRIDAY           | Easy   |
| SATURDAY         | Long   |

| JANUARY 2019 |     |      |     |      |     |     |
|--------------|-----|------|-----|------|-----|-----|
| SUN          | MON | TUES | WED | THUR | FRI | SAT |
|              |     | 1    | 2   | 3    | 4   | 5   |
| 6            | 7   | 8    | 9   | 10   | 11  | 12  |
|              |     |      |     | 3    | 3   | 5   |
| 13           | 14  | 15   | 16  | 17   | 18  | 19  |
|              | 4   | 3    | 3   | XT   | 3   | 6   |
| 20           | 21  | 22   | 23  | 24   | 25  | 26  |
|              | 4   | 3    | 4   | XT   | 3   | 7   |
| 27           | 28  | 29   | 30  | 31   |     |     |
|              | 4   | 3    | 4   | XT   |     |     |

| FEBRUARY 2019 |     |      |     |      |     |     |
|---------------|-----|------|-----|------|-----|-----|
| SUN           | MON | TUES | WED | THUR | FRI | SAT |
|               |     |      |     |      | 1   | 2   |
|               |     |      |     |      | 3   | 8   |
| 3             | 4   | 5    | 6   | 7    | 8   | 9   |
|               | 4   | 3    | 4   | XT   | 3   | 9   |
| 10            | 11  | 12   | 13  | 14   | 15  | 16  |
|               | 4   | 3    | 5   | XT   | 3   | 10  |
| 17            | 18  | 19   | 20  | 21   | 22  | 23  |
|               | 4   | 3    | 5   | XT   | 3   | 8   |
| 24            | 25  | 26   | 27  | 28   |     |     |
|               | 4   | 3    | 6   | XT   |     |     |

| MARCH 2019 |     |      |     |      |     |     |
|------------|-----|------|-----|------|-----|-----|
| SUN        | MON | TUES | WED | THUR | FRI | SAT |
|            |     |      |     |      | 1   | 2   |
|            |     |      |     |      | 3   | 12  |
| 3          | 4   | 5    | 6   | 7    | 8   | 9   |
|            | 4   | 3    | 6   | XT   | 3   | 14  |
| 10         | 11  | 12   | 13  | 14   | 15  | 16  |
|            | 4   | 3    | 7   | XT   | 4   | 16  |
| 17         | 18  | 19   | 20  | 21   | 22  | 23  |
|            | 4   | 4    | 7   | XT   | 4   | 13  |
| 24         | 25  | 26   | 27  | 28   | 29  | 30  |
| 31         | 4   | 4    | 8   | XT   | 4   | 16  |

| APRIL 2019 |     |      |     |      |     |     |
|------------|-----|------|-----|------|-----|-----|
| SUN        | MON | TUES | WED | THUR | FRI | SAT |
|            | 1   | 2    | 3   | 4    | 5   | 6   |
|            | 4   | 4    | 8   | XT   | 5   | 18  |
| 7          | 8   | 9    | 10  | 11   | 12  | 13  |
|            | 4   | 4    | 9   | XT   | 5   | 20  |
| 14         | 15  | 16   | 17  | 18   | 19  | 20  |
|            | 4   | 4    | 9   | XT   | 5   | 16  |
| 21         | 22  | 23   | 24  | 25   | 26  | 27  |
|            | 4   | 5    | 10  | XT   | 5   | 20  |
| 28         | 29  | 30   |     |      |     |     |
|            | 4   | 5    |     |      |     |     |

| MAY 2019 |     |      |     |      |     |     |
|----------|-----|------|-----|------|-----|-----|
| SUN      | MON | TUES | WED | THUR | FRI | SAT |
|          |     |      | 1   | 2    | 3   | 4   |
|          |     |      | 8   | XT   | 4   | 12  |
| 5        | 6   | 7    | 8   | 9    | 10  | 11  |
|          | 4   | 4    | 6   | XT   | 3   | 8   |
| 12       | 13  | 14   | 15  | 16   | 17  | 18  |
|          | 4   | 3    | 4   | XT   | 3   |     |
| 19       | 20  | 21   | 22  | 23   | 24  | 25  |
| 26.2     |     |      |     |      |     |     |
| 26       | 27  | 28   | 29  | 30   | 31  |     |

- 7 a.m. at Titletown Brewing Company Tap Room
- Cellcom Green Bay Marathon

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