

training program

full marathon

The Prevea training program is designed to help train beginner runners safely. Participants are expected to walk or run at least four times each week to get the most benefit.

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



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.

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

JANUARY 2023						
SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
				3	3	5
15	16	17	18	19	20	21
	4	3	3	XT	3	6
22	23	24	25	26	27	28
	4	3	4	XT	3	7
29	30	31				
	4	3				

FEBRUARY 2023						
SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
			4	XT	3	8
5	6	7	8	9	10	11
	4	3	4	XT	3	9
12	13	14	15	16	17	18
	4	3	5	XT	3	10
19	20	21	22	23	24	25
	4	3	5	XT	3	8
26	27	28				
	4	3				

MARCH 2023						
SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
			6	XT	3	12
5	6	7	8	9	10	11
	4	3	6	XT	3	14
12	13	14	15	16	17	18
	4	3	7	XT	4	16
19	20	21	22	23	24	25
	4	4	7	XT	4	13
26	27	28	29	30	31	
	4	4	8	XT	4	

APRIL 2023						
SUN	MON	TUES	WED	THUR	FRI	SAT
						1
						16
2	3	4	5	6	7	8
	4	4	8	XT	5	18
9	10	11	12	13	14	15
	4	4	9	XT	5	20
16	17	18	19	20	21	22
	4	4	9	XT	5	16
23	24	25	26	27	28	29
	4	5	10	XT	5	20
30						

MAY 2023						
SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2	3	4	5	6
	4	5	8	XT	4	12
7	8	9	10	11	12	13
	4	4	6	XT	3	8
14	15	16	17	18	19	20
	4	3	4	XT	3	
21	22	23	24	25	26	27
	26.2					
28	29	30	31			

