

OhioHealth Capital City

Intermediate Quarter Marathon Training Schedule

	SUN	MON	TUES	WED	THUR	FRI	SAT
WEEK 1	●	2	●	2.5	2	●	3
WEEK 2	●	2.5	●	2.5	2	●	3.5
WEEK 3	●	2.5	●	3	2	●	4
WEEK 4	●	3	●	3	2	●	4
WEEK 5	●	2	●	3	2	●	3
WEEK 6	●	3	●	3	2	●	4
WEEK 7	●	3	●	3	2	●	5
WEEK 8	●	2	●	3	2	●	3
WEEK 9	●	3	●	3.5	2	●	5
WEEK 10	●	3	●	4	2	●	5
WEEK 11	●	3	●	3	2	●	3
WEEK 12	●	3	●	4	2	●	6
WEEK 13	●	3.5	●	4	2	●	6
WEEK 14	●	3	●	3	2	●	3
WEEK 15	●	4	●	4	2	●	6
WEEK 16	●	3	●	3	2	●	3
WEEK 17	●	●	2	●	●	2	6.55

- **Day off/rest**
- **Easy Running (miles)** means you should be able to talk in short sentences while running, if not slow down!
- **Active Recovery** can be 20-30 minutes of anything aerobic (running, walking, swimming, cycling, elliptical, etc). If running on active recovery day, make sure the pace is VERY relaxed. The active recovery workout should not add to your fatigue level, if it does, either slow down or take the day off.
- **Quality Workout (miles)** will start/finish with easy paced run and have a faster component in the middle. For specifics of each quality workout please see next page.
- **Race Day (miles)**

LEARN MORE

OhioHealth has a variety of resources to help you train for any race level. Visit OhioHealth.com/sportsmed-runners



*This schedule is for runners, walkers, and run/walkers who have successfully trained for and completed a 10k race or longer without injury. Athletes should have been running/walking consistently for at least one year and are currently running or walking 2-3 continuous miles 3-4x per week as of the start of week 1. Check with a physician before starting this or any training plan or exercise regimen.

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Intermediate Quarter Marathon Quality Workouts

Workout Terms

WARM UP (W/U): Easy running before the quality component of the workout. This should be done at a pace that is same or slower than your long run pace. You should be able to talk in full sentences. Do not skip the warm up; it is part of the workout.

COOL DOWN (C/D): Easy running after the quality component of the workout. Meant to bring your heart rate back down and your body back to a resting state. Run the C/D at easy pace or slower. Do not skip the cool down, stopping immediately after a speed workout with no cool down can be dangerous.

SURGES: Pace for surges is simply faster running, not a sprint. They don't have to be the same each time and should not be faster than your 5k pace.

1:1 REST: Same amount of time working as rest (i.e. if you took 2 mins to run a 0.5 mile then rest for 2 mins)

HALF MARATHON/10K/5K PACE(S): Your **CURRENT** pace for these distances, **NOT** your goal pace.

REST: Standing or slow walking, unless otherwise listed.

Workout Details

Week 6 — 3 miles total: 1 mile W/U, 1 mile with 3-4 surges, 1 mile C/D. Surges should be 30 seconds to 1 min each, with full recovery between (walking or slow jogging until your heart rate is back down to zone 2 or feel fully recovered).

Week 7 — 3 miles total: 1 mile W/U, 1 mile with 4-5 surges, 1 mile C/D. Surges should be 30 seconds to 1 min each, with full recovery between (walking or slow jogging until your heart rate is back down to zone 2 or feel fully recovered).

Week 8 — 3 miles total: 1 mile W/U, 4x400 meters at 10k pace on 1:1 rest, finish with 1 mile C/D.

Week 9 — 3.5 miles total: 1.25 mile W/U, 2x400 at 10k pace (no faster) on 1:1 rest, then 1x400 at 5k pace on 1:1 rest, then 2x400 at 10k pace on 1:1 rest, finish with 1 mile C/D. Don't try to "beat" your 5k and 10k times. The goal is to learn to feel your 10k/quarter marathon pace. The 5k pace 400 in the middle will make the last two 400s at 10k pace feel different from the first two, but you still want to hit the paces.

Week 10 — 4 miles total: 1.5 mile W/U, 800 meters at 10k pace (no faster), 2 mins rest, then run 1 mile with 4-5 surges, finish with 1 mile C/D. Surges should be 30 seconds to 1 min each, with full recovery between (walking or slow jogging until your heart rate is back down to zone 2 or feel fully recovered).

Week 11 — 3 miles total: 1 mile W/U, 2x800 at 10k pace with 2:1 rest (if you took 6 min to complete 800 then walk for 3 min), finish with 1 mile C/D.

Week 12 — 4 miles total: 1.5 mile W/U, 2x800 at 10k pace with 2:1 rest (if you took 6 min to complete 800 then walk for 3 min), then 2x400 at 10k pace with 1:1 rest, finish with 1 mile C/D.

Week 13 — 4 miles total: 1.5 mile W/U, 1 mile continuous at 10k pace, walking recovery until fully recovered, then 0.5 mile at 10k pace, finish with 1 mile C/D.

Week 14 — 3 miles total: 1 mile W/U, 2x800 at 10k pace on 1:1 rest, finish with 1 mile C/D.

Week 15 — 4 miles total: 1 mile W/U, 1 mile continuous at 10k pace, 0.5 mile easy jog for recovery, then 0.5 mile at 10k pace, finish with 1 mile C/D.

Week 16 — 3 miles total: 1 mile W/U, 4x400 at 10k pace with 2 mins rest in between, finish with 1 mile C/D.

Week 17 — 2 miles total: 0.5 mile easy, 1 mile with 3 surges of 30-60 seconds no faster than 10k pace, 0.5 mile easy C/D.

To learn more about the value of group training with Marathoners in Training, go to CapitalCityHalfMarathon.com.