

The ING New York City Marathon Nov. 2, 2008

NYC Marathon Training Program						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	30 Mins	45 Mins	1 hour	45 Mins	off	1.5 hours
2	30Mins	30 Mins	1.5 hours	45 Mins	off	1.5 hours
3	30mins	45 Mins	1 hour	45 Mins	off	2 hours
4	30Mins	30 Mins	1.5 hours	45 Mins	off	2.5 hours
5	30Mins	30 Mins	1.5 hours	45 Mins	off	2 hours
6	30Mins	45 Mins	1 hour	30 Mins	off	2.5 hours
7	30 Mins	45 Mins	1 hour	45 Mins	off	3 hours
8	30 Mins	45 Mins	1.5 hours	30 Mins	off	3 hours
9	30 Mins	45 Min tempo run on course that contains at least 2 hills	1 hour	4 complete loops of Sunset Hill	off	3.5 hours
10	30 Mins	4 X 1 mile repeats	1hour	4 complete loops of Sunset Hill	off	3 hours
11	30 Mins	45 Min tempo run on course that contains at least 3 hills	1hour	5 complete loops of Sunset Hill	off	3.5 hours
12	30 Mins	5 X 1 mile repeats	1 hour	5 complete loops of Sunset Hill	off	3 hours
13	30Mins	45 Min tempo run on course that contains at least 4 hills	1hour	6 complete loops of Sunset Hill	off	3.5 hours
14	30Mins	6 X 1 mile repeats	1 hour	6 complete loops of Sunset Hill	off	3 hours
15	30 Mins	30 Mins	30 Mins	45 Mins	off	30 Mins
16	45 Mins	30 Mins	30 Mins	15 Mins	off	off

- Notes:**
- 1) Mile Repeats should be run at 30-45 seconds per mile less than your anticipated marathon pace
 - 2) Tempo runs consist of an easy jog warm-up then run portion of the course with the uphill and downhill at a tempo pace
 - * 30 seconds per mile faster than marathon pace. Make sure you finish the workout with an easy jog
 - 3) loops of Sunset Hill is run up and then continue down the other side...rest comes from bottom of hill
 - * until you come back to the starting point of the hill to begin the next loop. The next week, reverse the direction
- ### THE WORKOUT WEEK BEGINS ON MONDAY ###



Sunday	week of:
1 hour	14-Jul-08
1.5 hours	21-Jul-08
1 hour	28-Jul-08
1 hour	4-Aug-08
1.5 hours	11-Aug-08
1.5 hours	18-Aug-08
1 hour	25-Aug-08
1.5 hours	1-Sep-08
1 hour	8-Sep-08
1.5 hours	15-Sep-08
1 hour	22-Sep-08
1 hour	29-Sep-08
1 hour	6-Oct-08
1 hour	13-Oct-08
1 hour	20-Oct-08
NYC Marathon	27-Oct-08

pace with an 4 min rest
downhill at
easy jog.
1 of the hill
reverse direction.