

# MOJO Running

## Marathon Training Program

SPRING

2017

BEGINNER

Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total	Sat Date
1		Rest/XT	4-7M	XT	5M		4-7M	13-19M	Jan 6th
2		Rest/XT	4-7M	XT	6M		5-7M	15-20M	Jan 13th
3		Rest/XT	4-7M	XT	6M		5-8M	16-21M	Jan 20th
4		Rest/XT	4-7M	XT	6M		7-9M	17-22M	Jan 27th
5		Rest/XT	4-7M	XT	7M		6-10M	17-24M	Feb 3rd
6		Rest/XT	Speed	XT	6M		7-11M	17-21M	Feb 10th
7		Rest/XT	4-7M	XT	7M		8-12M	19-26M	Feb 17th
8		Rest/XT	4-7M/SP	XT	7M		10-14M	21-28M	<b>Feb 24th</b>
9		Rest/XT	4-7M	XT	7M		12-16M	23-30M	Mar 3rd
10		Rest/XT	Speed	XT	6M		16-18	26-28M	Mar 10th
11		Rest/XT	5-8M	XT	6M		<b>6.2 SS</b>	17-20M	Mar 17th
12	<b>13.1 HMM</b>	Rest/XT	4-7M	XT	6M		16-18M	39-44M	Mar 24th
13		Rest/XT	4-7M	XT	7M		15-16M	26-30M	Mar 31st
14		Rest/XT	Speed	XT	6M		15-16M	25-26M	Apr 7th
15		Rest/XT	4-7M	XT	6M		20M	30-33M	<b>Apr 14th</b>
16		Rest/XT	4-6M	XT	6M		12-14M	22-26M	Apr 21st
17		Rest/XT	4-5M	XT	5M		8-10M	17-20M	Apr 28th
18		Rest	4M	XT	3-4M		<b>2 EASY</b>	7-8M	May 5th
19	<b>PIG</b>								

Notes:

Saturday

**Feb 24th**

Downtown FP Course

10-14M

Sunday

Mar 18th

Heart Mini Marathon

13.1M

Saturday

**Apr 14th**

Downtown FP Course

20M

# MOJO Running

## Marathon Training Program

SPRING

2017

BEGIN/INTERMEDIATE

Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total	Date
1	45-60min Easy	Rest/XT	4-7M	XT	5M Free	Rest	4-7M	17-24M	Jan 6th
2	30-45min recovery	Rest/XT	4-7M	XT	6M Free	Rest	5-7M	18-24M	Jan 13th
3	40-70min recovery	Rest/XT	4-7M/SP	XT	6M Tempo	rest	8-10M	20-30M	Jan 20th
4	40-70min recovery	Rest/XT	4-7M/SP	XT	6M Tempo	Rest	6-8M	20-28M	Jan 27th
5	45-70min recovery	Rest/XT	4-7M/SP	XT	40-60min Tempo	Rest	8-10M	22-31M	Feb 3rd
6	45-70min recovery	Rest/XT	Speed	XT	4-6M Free	Rest	7-11M	22-28M	Feb 10th
7	45-70min recovery	Rest/XT	4-7M/SP	XT	40-60min Tempo	Rest	9-13M	24-33M	Feb 17th
8	55-75min recovery	Rest/XT	4-7M/SP	XT	40-60min Tempo	Rest	<b>15-17M</b>	27-36M	<b>Feb 24th</b>
9	40-55min recovery	Rest/XT	4-7M/SP	XT	40-60min Tempo	Rest	16-18M	27-35M	Mar 3rd
10	45-75min recovery	Rest/XT	Speed	XT	6M Pace	Rest	15-17M	30-34M	Mar 10th
11	35-60min recovery	Rest/XT	5-8M/SP	XT	5M Easy	Rest	14-16M or	30-36M	Mar 17th
12	<b>13.1 HMM</b>	Rest/XT	4-7M/SP	XT	30-45min Tempo	Rest	18-20M	41-46M	Mar 24th
13	40-60min recovery	Rest/XT	4-7M/SP	XT	40-60min Tempo	Rest	15-16M	30-35M	Mar 31st
14	50-75min recovery	Rest/XT	Speed	XT	6M Pace	Rest	18-20M	34-40M	Apr 7th
15	30-50min recovery	Rest/XT	4-7M/SP	XT	30-45min Tempo	Rest	<b>20M</b>	34-38M	<b>Apr 14th</b>
16	40-60min recovery	Rest/XT	4-6M/SP	XT	6M Tempo	Rest	12-14M	28-33M	Apr 21st
17	50-75min recovery	Rest/XT	4-5M/SP	XT	4M Pace	Rest	9-11M	22-28M	Apr 28th
18	40-60min recovery	Rest	4M	Rest	3M Easy	Rest	<b>2 EASY</b>	11-14M	May 5th
19	<b>20th Flying Pig 26.2</b>								

Notes:

Saturday

**Feb 24th**

Downtown FP Course

10-14M

Sunday

Mar 18th

Heart Mini Marathon

13.1M

Saturday

**Apr 14th**

Downtown FP Course

20M

Easy: light pace that can be run while conversing

recovery run: low intensity effort of a short to moderate duration

Free run: a run without technology; run to a moer to a moderately hard feeling

tempo run: a run 5-15 seconds below goal pace

Pace: run at goal pace

# MOJO Running

## Marathon Training Program

SPRING

2018

ADVANCED

Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total	Sat Date
1	30-50min easy	<b>New year run</b>	4-7M	XT	5M Free	Rest	9-11M	22-28M	Jan 6th
2	5 recovery	XT	4-7M/SP	XT	5M Tempo	Rest	10-12M	24-29M	Jan 13th
3	6 recovery	XT	4-7M/SP	XT	6M Free or Pace	Rest	7-9M	23-28M	Jan 20th
4	6-7 recovery	XT	4-7M/SP	XT	6M Free or Pace	Rest	11-13M	25-33M	Jan 27th
5	7 recovery	XT	4-7M/SP	XT	7M Tempo	Rest	12-14M	30-35M	Feb 3rd
6	7 recovery	XT	Speed	XT	7M free or Pace	Rest	9-11M	27-30M	Feb 10th
7	7 recovery	XT	4-7M/SP	XT	8M Free or Pace	Rest	14-16M	33-38M	Feb 17th
8	8-9 recovery	XT	4-7M/SP	XT	8M Tempo	Rest	<b>15-17M Dtn</b>	35-42M	<b>Feb 24th</b>
9	8-9 recovery	XT	4-7M/SP	XT	9M free or Pace	Rest	20M	41-45M	Mar 3rd
10	8-9 recovery	XT	Speed	XT	8M Free or Pace	Rest	17-19M	37-42M	Mar 10th
11	10-11 recovery	XT	5-8M/SP	XT	6MEasy	Rest	15-17M or	36-42M	Mar 17th
12	<b>13.1 HMM/5 rec</b>	XT	4-7M/SP	XT	6M Free or Pace	Rest	20M	35-46M	Mar 24th
13	8-9 recovery	XT	4-7M/SP	XT	10M Free or Pace	Rest	20-22M	42-48M	Mar 31st
14	6-7 recovery	XT	Speed	XT	8 Tempo	Rest	11-13M	29-33M	Apr 7th
15	10 recovery	XT	4-7M/SP	XT	10M Free or Pace	Rest	<b>20M - Dtn</b>	44-47M	<b>Apr 14th</b>
16	7 recovery	XT	4-6M/SP	XT	4M Free or Pace	Rest	11-13M	26-30M	Apr 21st
17	8-9 recovery	XT	4-5M/SP	XT	4 Free	Rest	9-11M	25-29M	Apr 28th
18	6-7 recovery	XT	5M EASY	4M EASY	REST	REST	<b>2 EASY</b>	17-18M	May 5th
19	<b>20th Flying Pig 26.2</b>								

Notes:

Saturday

**FEB 24TH**

Downtown FP Course

10-14M

Sunday

Mar 18th

Heart Mini Marathon

13.1M

Saturday

**APR 14TH**

Downtown FP Course

20M

Easy: light pace that can be run while conversing

recovery run: low intensity effort of a short to moderate duration

Free run: a run without technology; run to a moderate to a moderately hard feeling

tempo run: a run 5-15 seconds below goal pace

Pace: run at goal pacing