

MONTHLY PLANNING (Nick's 2019 Marathon Training)

Summary

Qualify for the 2020 Boston Marathon by running a sub-3-hour marathon (target time is 2 hours and 55 minutes).

First attempt will be at the end of July with the SF Marathon.

Second attempt will be at the beginning of December with the California International Marathon.

	JAN	FEB	MARCH	APRIL	MAY	JUNE	JULY
Milestones		Richmond Half VO2 Max 1st Test	Tucson Half Oakland Full	VO2 Max 2nd Test		VO2 Max 3rd Test	SF Marathon 1st Boston Qualifier
Action Items	<ul style="list-style-type: none"> Average 35-50 miles per week. Low heart rate training (aerobic base training). 	<ul style="list-style-type: none"> Average 40-50 miles per week. Primarily low heart rate training and start to introduce speed workouts. 	<ul style="list-style-type: none"> Average 40-60 miles per week. Start to introduce speed workouts. Tucson Half will be for fun. Focus on nutrition. Target is 7:30-7:45 pace. Oakland Full will be more like a real race. Focus on nutrition and race fueling. Target 7:30-7:45 pace. 	<ul style="list-style-type: none"> Average 35-55 miles per week. Second VO2 Max Test to see if more intervals/tempo runs have helped. 16-week marathon training starts for SF Marathon. Mental & strength training. 	<ul style="list-style-type: none"> Average 45-70 miles per week. Be sure to follow SF Marathon training plan. Mental & strength training. 	<ul style="list-style-type: none"> Average 50-80 miles per week. Be sure to follow SF Marathon training plan. Third VO2 Max Test to see if more intervals/tempo runs have helped. Mental & strength training. 	<ul style="list-style-type: none"> Average 60-80 miles per week. Finish strong with marathon training. Focus on nutrition, sleep, stretching, and tapering. Focus on mental training.
Potential Blockers	<ul style="list-style-type: none"> Work (travel to NYC). Despite the cold weather I need to maintain my training runs. 	<ul style="list-style-type: none"> Work (travel to NYC). Despite the cold weather I need to maintain my training runs. 	<ul style="list-style-type: none"> The Tucson Half is the weekend before the Oakland Full. Be careful not to overtrain. 	<ul style="list-style-type: none"> 2 week trip to Asia. I need to find time to run. I will have access to a treadmill and will plan workouts accordingly. 	<ul style="list-style-type: none"> Watch out for work travel and training fatigue. 	<ul style="list-style-type: none"> Watch out for work travel and training fatigue. 	<ul style="list-style-type: none"> Watch out for work travel and training fatigue.



SF MARATHON TRAINING

	Week Ending	Weekly Target	Key Training Notes
Week 1	Sun, April 14, 2019	35M - 45M	Long Run (17M-22M), Tempo Run and Strength Training
Week 2	Sun, April 21, 2019	35M - 55M	Long Run (17M-22M) with fast finish, Tempo Run and Strength Training
Week 3	Sun, April 28, 2019	45M - 55M	Long Run (17M-22M), Tempo Run and Strength Training
Week 4	Sun, May 4, 2019	45M - 60M	Long Run (17M-22M) with fast finish, Tempo Run and Strength Training
Week 5	Sun, May 12, 2019	45M - 65M	Long Run (17M-22M), Tempo Run and Strength Training
Week 6	Sun, May 19, 2019	50M - 65M	Long Run (17M-22M) with fast finish, Tempo Run and Strength Training
Week 7	Sun, May 26, 2019	50M - 70M	Long Run (17M-22M), Tempo Run and Strength Training
Week 8	Sun, June 2, 2019	50M - 60M	Long Run (17M-22M) with fast finish, Tempo Run and Strength Training
Week 9	Sun, June 9, 2019	60M - 75M	Long Run (17M-22M), Tempo Run and Strength Training
Week 10	Sun, June 16, 2019	60M - 75M	Long Run (17M-22M) with fast finish, Tempo Run and Strength Training
Week 11	Sun, June 23, 2019	65M - 80M	Long Run (17M-22M), Tempo Run and Strength Training
Week 12	Sun, June 30, 2019	65M - 80M	Long Run (17M-22M) with fast finish, Tempo Run and Strength Training
Week 13	Sun, July 7, 2019	65M - 80M	Long Run (17M-22M), Tempo Run and Strength Training
Week 14	Sun, July 14, 2019	60M - 75M	Long Run (17M-22M) with fast finish, Tempo Run and Strength Training
Week 15	Sun, July 21, 2019	40M - 60M	Proper tapering is key, focus on nutrition and hydration, focus on mental prep.
Week 16	Sun, July 28, 2019	15M - 20M + race	Proper tapering is key, focus on nutrition and hydration, race day Sunday.

Quick Stats

Min Miles: 790M
 Max Miles: 1020M

Each week includes two important runs: tempo and a long run.

Intervals and hill runs will also be incorporated. Most other runs will be Easy.