

22 Week Marathon Training Plan

Snacking in Sneakers
20 Week Beginner Friendly
Marathon Training Plan

Week	Day 1 Easy Short Run	Day 2 Variable (Speed, Pace, Etc)	Day 3 Easy Short Run	Day 4 Long Run
1	3	2 ESR	3	5
2	3	3 Fartlek	3	6
3	3	3 ESR	3	7
4	3	5 MWL	3	5
5	3	3 Fartlek	4	8
6	3	4 ESR	4	9
7	3	3 @ MP	4	10
8	4	6 MWL	4	8
9	4	4 @ MP	4	12
10	4	5 @ MP	5	10
11	4	4 Fartlek	5	14
12	4	8 MWL	5	12
13	4	5 ESR	5	16
14	5	7 @ MP	5	12
15	5	4 ESR	5	18
16	5	8 MWL	5	12
17	5	4 ESR	5	20
18	5	7 @ MP	5	12
19	4	3 ESR	4	10
20	4	2 ESR	2	RACE - 26.2!

22-Week Marathon Training Plan: Your Journey to 26.2 Miles

Are you dreaming of crossing that marathon finish line? The 26.2-mile journey can seem daunting, but with a well-structured plan, it's entirely achievable. This comprehensive 22-week marathon

training plan provides a roadmap to success, guiding you from beginner to marathoner. We'll cover everything from weekly mileage to pacing strategies, injury prevention, and nutrition, ensuring you're fully prepared to conquer your race day. This isn't just a plan; it's your personalized guide to achieving your marathon dreams.

Phase 1: Building Your Base (Weeks 1-6)

This foundational phase focuses on establishing a consistent running routine and building aerobic endurance. The goal is to increase your weekly mileage gradually, avoiding injury. Don't push yourself too hard; listen to your body and rest when needed.

Week 1-3: Focus on shorter runs (3-5 miles) and incorporate cross-training activities like swimming or cycling to build strength and prevent overuse injuries. Include at least one rest day per week.

Week 4-6: Gradually increase your long run distance by 1-2 miles each week. Introduce tempo runs (sustained effort runs at a comfortably hard pace) for short durations to improve your aerobic capacity. Continue with cross-training.

Key Considerations for Phase 1:

Proper footwear: Invest in good quality running shoes that fit properly.

Listen to your body: Don't ignore pain; rest or adjust your plan if needed.

Hydration and nutrition: Fuel your body correctly with a balanced diet and stay hydrated.

Phase 2: Increasing Mileage and Intensity (Weeks 7-14)

This phase ramps up the intensity and mileage. You'll be introducing hill workouts, interval training, and longer long runs. This is where you'll truly start pushing your limits and building the stamina required for a marathon.

Week 7-10: Continue increasing your long run distance, aiming for a peak of 10-12 miles by week 10. Incorporate hill repeats and interval training (alternating high-intensity bursts with recovery periods) to build speed and endurance.

Week 11-14: Maintain consistent mileage, focusing on maintaining pace during your long runs. Include one or two easy shorter runs during the week to promote recovery. Consider a back-to-back long run weekend to simulate race day fatigue.

Key Considerations for Phase 2:

Pacing strategies: Learn to run at different paces to conserve energy during the marathon.

Nutrition during runs: Practice your race-day nutrition strategy during long runs.

Strength training: Incorporate light strength training 2-3 times per week to improve muscle strength and prevent injuries.

Phase 3: Tapering and Race Preparation (Weeks 15-22)

The final phase focuses on tapering your mileage to allow your body to recover and prepare for race day. This crucial phase prevents burnout and ensures you're fresh and ready to perform your best.

Week 15-18: Gradually reduce your weekly mileage by 20-30%. Maintain one long run per week, but shorten the distance. Continue with easy runs and cross-training.

Week 19-22: Reduce your mileage further, focusing on quality over quantity. Include a final long run of about 20 miles (or less, depending on your training plan) to simulate the race distance. Prioritize rest and proper nutrition.

Key Considerations for Phase 3:

Carb loading: Increase your carbohydrate intake in the week leading up to the race.

Race day strategy: Plan your pacing strategy and nutrition plan for the race.

Mental preparation: Visualize yourself successfully completing the marathon.

Essential Tips for Success

Listen to your body: Rest is crucial; don't push through pain.

Proper nutrition and hydration: Fuel your body adequately throughout your training.

Consistency is key: Stick to your plan as much as possible.

Enjoy the process: Celebrate your progress and enjoy the journey!

Conclusion

This 22-week marathon training plan provides a structured approach to achieving your marathon goal. Remember that consistency, proper rest, and listening to your body are key to success. Adapt this plan to your individual fitness level and remember to consult with a healthcare professional or certified running coach before starting any new training program. Now go out there and conquer that marathon!

FAQs

1. Can I modify this plan for a half-marathon? Yes, you can adapt this plan by reducing the mileage and duration of the long runs. A 16-week plan would be suitable.

2. What should I do if I get injured? Stop running immediately and consult a doctor or physical therapist. Rest and recovery are crucial for injury prevention.
3. What kind of shoes should I wear? Invest in good quality running shoes that fit well and provide adequate support. Visit a running store for a professional fitting.
4. What's the best way to stay motivated? Find a running buddy, join a running group, or set small, achievable goals to stay motivated. Reward yourself for milestones reached.
5. Is this plan suitable for beginners? Yes, but it's crucial to start slowly and gradually increase your mileage to avoid injury. Listen to your body and adjust as needed. Consider consulting a running coach for personalized guidance.

22 week marathon training plan: *Hal Higdon's Half Marathon Training* Higdon, Hal, 2016-03-01 Hal Higdon's Half Marathon Training offers prescriptive programming for all levels of runners. Not only will it help you learn how to get started with your training, but it will show you where to focus your attention, when to progress, and how to keep it simple.

22 week marathon training plan: *Advanced Marathoning* Pete Pfitzinger, Scott Douglas, 2008-12-19 Shave minutes off your time using the latest in science-based training for serious runners. Advanced Marathoning has all the information you need to train smarter, remain injury free, and arrive on the start line ready to run the marathon of your life. Including marathon-pace runs and tempo runs, Advanced Marathoning provides only the most effective methods of training. You'll learn how to complement your running workouts with strength, core, flexibility, and form training; implement cutting-edge nutrition and hydration strategies and recovery techniques; and taper properly to reach peak performance. With easy-to-understand day-by-day training schedules for 18- and 12-week preparation for weekly distances of 55, 55 to 70, 70 to 85, and 85-plus miles, Advanced Marathoning is simply the most comprehensive and efficient approach to marathon training. If you're ready to achieve your personal best, this book is for you.

22 week marathon training plan: *Hansons Marathon Method* Humphrey Luke, 2012-11-27 In Hansons Marathon Method, the coaches of the Hansons-Brooks Distance Project reveal the methods they've used to turn their runners into race winners, national champions, and Olympians. Hansons Marathon Method offers a radical overhaul of marathon training that promises to turn any runner into a true marathoner and help experienced marathoners set new personal bests. Hansons Marathon Method does away with mega-long runs and high-mileage weekends--two outdated traditions that make most runners miserable. Instead, runners using the Hansons method will gradually build up to the moderate-high mileage required for marathon success, spreading those miles more sensibly throughout the week. Running easy days mixed with precisely paced speed, strength, and tempo workouts, runners will steel their bodies and minds to run the hardest miles of the marathon. Both Beginner and Advanced training programs feature the unique Hansons 16-mile long run which, as part of the Hansons program, is ideal for preparing the body for the marathon. Humphrey explains how runners should set their goal race pace and shows how to customize the Hansons method to their own needs, like adding extra racing, running more miles, and handling training interruptions. Detailed nutrition and hydration chapters help runners pinpoint their personal energy and hydration needs so they know precisely how much to eat and drink during workouts, race week, race day, and for recovery. The Hansons approach to pacing and nutrition means marathoners will never hit the wall. Hansons Marathon Method lays out the smartest marathon training program available from one of the most accomplished running groups in the nation. Using this innovative approach, runners will mold real marathon muscles, train their body to never hit the wall, and prepare to run their fastest marathon.

22 week marathon training plan: *Runner's World Run Less Run Faster* Bill Pierce, Scott

Murr, 2021-01-19 Finally, runners at all levels can improve their race times while training less, with the revolutionary Furman Institute of Running and Scientific Training (FIRST) program. Hailed by the Wall Street Journal and featured twice in six months in cover stories in Runner's World magazine, FIRST's unique training philosophy makes running easier and more accessible, limits overtraining and burnout, and substantially cuts the risk of injury, while producing faster race times. The key feature is the 3 plus 2 program, which each week consists of: -3 quality runs, including track repeats, the tempo run, and the long run, which are designed to work together to improve endurance, lactate-threshold running pace, and leg speed -2 aerobic cross-training workouts, such as swimming, rowing, or pedaling a stationary bike, which are designed to improve endurance while helping to avoid burnout With detailed training plans for 5K, 10K, half marathon, and marathon, plus tips for goal-setting, rest, recovery, injury rehab and prevention, strength training, and nutrition, this program will change the way runners think about and train for competitive races. Amby Burfoot, Runner's World executive editor and Boston Marathon winner, calls the FIRST training program the most detailed, well-organized, and scientific training program for runners that I have ever seen.

22 week marathon training plan: Run to the Finish Amanda Brooks, 2020-03-03 Inspiration and practical tips for runners who prioritize enjoyment over pace and embrace their place as an average runner In her first book, popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves middle of the pack runners -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so they can continue to enjoy running. Run to the Finish is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as Favorite hilarious marathon signs and Weird Thoughts We all Have at the Start Line, Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

22 week marathon training plan: Faster Road Racing Pete Pfitzinger, Philip Latter, 2014-11-24 Renowned running authority, coach, and best-selling author Pete Pfitzinger teams with Philip Latter, senior writer for Running Times, in this must-have training guide for the most popular race distances, including the 5K, 10K, and half marathon. Faster Road Racing: 5K to Half Marathon presents easy-to-follow programs proven to give you an edge in your next race. You'll discover detailed plans for race-specific distances as well as expert advice on balancing training and recovery, cross-training, nutrition, tapering, and training over age 40. And for serious runners who compete in numerous races throughout the year, Pfitzinger's multi-race, multi-distance training plans are invaluable. Faster Road Racing is your all-inclusive resource on running your fastest at distances of 5K, 8K to 10K, 15K to 10 miles, and the half marathon.

22 week marathon training plan: Be Iron Fit Don Fink, 2010-03-16 "Most how-to books are too technical or too shallow. Don Fink manages to pen a unique combination of information, anecdotes, and readability."—Scott Tinley, two-time Ironman World Champion "Don's book certainly made me think. A truly complete book for all abilities in the sport of triathlon that leaves no subject untouched."—Spencer Smith, three-time Triathlon World Champion Ever dream of being an elite endurance athlete and competing in races like Hawaii's Ironman? Pro athletes are not the only people who can attain such superior accomplishments. Every season tens of thousands of amateur triathletes compete head-to-head, pushing their physical and mental strength to the limits. The Ironman competition is a true test: a 2.4-mile open-water swim followed by a 112-mile bike leg and a 26.2-mile marathon run. In Be Iron Fit, sought-after multisport coach Don Fink draws on his time-efficient training methods to provide a practical program in a step-by-step, enjoyable way—so even everyday athletes can attain ultimate conditioning.

22 week marathon training plan: Daniels' Running Formula Jack Daniels, 2014 Recommended by Runner's World magazine as the best training book by the world's greatest coach,

Daniels' Running Formula provides an expert training and racing blueprint for dedicated runners of all abilities.

22 week marathon training plan: Run Faster from the 5K to the Marathon Brad Hudson, Matt Fitzgerald, 2008-07-29 Learn how to run faster, unlock your potential, and reach peak performance with training advice from a former Olympic trials marathoner and coach to Olympians like Dathan Ritzenhein. Hudson is the most innovative running coach to come along in a generation. Until now, only a handful of elite athletes have been able to benefit from his methods. Now Run Faster from the 5K to the Marathon shows all runners how to coach themselves as confidently and effectively as Brad coaches his world-class athletes. Becoming your own best coach is the ticket to running faster at any distance. First you will learn to assess your abilities. Then you'll learn how to devise a training program specifically geared to you. Filled with easy-to-follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced, Run Faster is the cutting-edge guide for optimal performance. With Hudson's guidance, you can train smarter and more effectively—and avoid injury. And you'll soon be running faster than you ever thought possible!

22 week marathon training plan: Hansons First Marathon Luke Humphrey, Keith Hanson, Kevin Hanson, 2018-10-12 The results have been proven at every level, from the beginner to the elite, the Hanson's training system works. - Desiree Davila, Olympic marathoner With the right training, ANYONE can finish a marathon! Hansons First Marathon, from one of America's most successful marathon training groups, offers a smart, friendly guide to preparing for your first marathon. With their proven method, the coaches of the Hansons-Brooks Distance Project will show you how to break down the 26.2 miles into achievable daily workouts. By race day, you'll feel strong and confident of a race experience you'll be proud of. The Hansons-Brooks Distance Project has an amazing track record of turning normal runners into marathoners through their acclaimed Hansons Marathon Method. Now they have made the marathon not just something to check off your bucket list, but also an enjoyable, inspiring, and life-changing experience. Hansons First Marathon is for anyone who has decided to step up to the marathon. Whether you're a totally new runner who has never run a race, a recreational runner who enjoys occasional races, or even a competitive runner who is ready to go all the way—you'll find the right marathon training schedule for you in Hansons First Marathon. Author and coach Luke Humphrey starts you off on the right foot with a simple survey about your running experience, race goals, and your natural strengths and weaknesses. Then he guides you to the right plan to prepare you for the miles ahead. Hansons First Marathon covers everything you need to know: Finding your foot type and a good shoe for marathon training The types of workouts and how (and why) to do them Choosing your race wisely Training around travel, illness, and navigating injuries How to stretch and strength train for marathon Ways to recover from daily runs and after your race Science-based nutrition and hydration guidelines for workouts and race day What to do differently during the crucial final 6 weeks before your race How to get to the start line feeling confident, stress-free, and ready Setting an ideal marathon race strategy that puts you in control Marathons are an exciting, rewarding challenge for runners of all abilities, but how you get to the start line matters as much as how you finish. Choose Hansons First Marathon to start your marathon adventure and you'll set yourself up for success.

22 week marathon training plan: Simple Marathon Training Jay Johnson, 2016-11-01 Book Description Do you dream of running a great marathon, but your busy life and obligations make the training commitments difficult? Do you suffer from injuries that put you on the sidelines when you desire to race? The 20-week Simple Marathon Training system can prepare you for marathon success. With a modern outlook on training schedules, innovative exercises for injury prevention and maximizing time spent training, the Simple Marathon Training system prepares you to toe the line with the confidence to run your best marathon. The Simple Marathon Training system has improved marathon times and the overall experience for many busy adult runners with hectic lives. This system works. It will for you, too. Included in Simple Marathon Training is a day-by-day schedule which includes running assignments as well as the crucial element missing from most training plans:

core strength, hip strength and hip mobility exercises. You don't have to look at a sequence of photos in the book to learn these routines, rather, you will be able to watch all these strength and mobility videos online, for free. The incorporation of training videos into a sound marathon training program makes Simple Marathon a one of a kind system; a book that will help any committed athlete run a great marathon. The Geek Out section at the back of the book is another unique aspect of Simple Marathon Training. The Geek Outs are written by world-renowned physiologists and professional marathoners as well as Coach Jay's clients who have been using the system for several years to run PRs. You'll learn why it's best to do your hardest strength and mobility work on the same day as your workouts and long runs. You'll learn the correct method for fueling during a marathon. Information on imagery leading up to the race and mental skills to use during race day are just some of the topics in the Geek Out section. The bottom line is, if you're a busy adult with a hectic life, Simple Marathon Training is the right training book for you. Jay's training system works beautifully for runners who aim for excellence in every area of their lives-athletically, personally and professionally. He understands that we're busy but still want to run our best; he's helped me do just that. Cindy Kuzma, Freelance health and fitness writer and contributing editor to Runner's World Magazine

22 week marathon training plan: The Run Walk Run® Method Jeff Galloway, 2016-05-23 Jeff's quest for the injury-free marathon training program led him to develop group training programs in 1978, and to author Runner's World articles which have been used by hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUN™, low mileage, three-day suggestions to an over 98% success rate. Jeff has worked with over 200,000 average people in training for specific goals. Jeff is an inspirational speaker to over 200 running and fitness sessions each year. His innovative ideas have opened up the possibility of running and completing a marathon to almost everyone. Philosophically, Jeff believes that we were all designed to run and walk, and he keeps finding ways to bring more people into the positive world of exercise.

22 week marathon training plan: Racing Weight Matt Fitzgerald, 2012-12-01 Racing Weight is a proven weight-management program designed specifically for endurance athletes. Revealing new research and drawing from the best practices of elite athletes, coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists, triathletes, and runners lose weight without harming their training. This comprehensive and science-based program shows athletes the best ways to lose weight and avoid the common lifestyle and training hang-ups that keep new PRs out of reach. The updated Racing Weight program helps athletes: Improve diet quality Manage appetite Balance energy sources Easily monitor weight and performance Time nutrition throughout the day Train to getand staylean Racing Weight offers practical tools to make weight management easy. Fitzgerald's no-nonsense Diet Quality Score improves diet without counting calories. Racing Weight superfoods are diet foods high in the nutrients athletes need for training. Supplemental strength training workouts can accelerate changes in body composition. Daily food diaries from 18 pro athletes reveal how the elites maintain an athletic diet while managing appetite. Athletes know that every extra pound wastes energy and hurts performance. With Racing Weight, cyclists, triathletes, and runners have a simple program and practical tools to hit their target numbers on both the race course and the scale.

22 week marathon training plan: *Marathon* Hal Higdon, 2005-09-03 Features instructions for runners of all ability levels on preparing for a marathon, including training schedules, advice on diet, defensive running strategies, and tips for staying motivated.

22 week marathon training plan: **80/20 Triathlon** Matt Fitzgerald, David Warden, 2018-09-18 A breakthrough program for triathletes -- beginner, intermediate, and advanced -- showing how to balance training intensity to maximize performance -- from a fitness expert and elite coach. Cutting-edge research has proven that triathletes and other endurance athletes experience their greatest performance when they do 80 percent of their training at low intensity and the remaining 20 percent at moderate to high intensity. But the vast majority of recreational triathletes

are caught in the so-called moderate-intensity rut, spending almost half of their time training too hard--harder than the pros. Training harder isn't smarter; it actually results in low-grade chronic fatigue that prevents recreational athletes from getting the best results. In 80/20 Triathlon, Matt Fitzgerald and David Warden lay out the real-world and scientific evidence, offering concrete tips and strategies, along with complete training plans for every distance--Sprint, Olympic, Half-Ironman, and Ironman--to help athletes implement the 80/20 rule of intensity balance. Benefits include reduced fatigue and injury risk, improved fitness, increased motivation, and better race results.

22 week marathon training plan: The Marathon Method Tom Holland, 2007-04-01 Get Ready to Run! A complete guide to training for a half or full marathon in sixteen weeks, this book follows the format of Tom's previous book The 12-Week Triathlete with simply the best advice on how to run your fastest race while staying injury-free. Whether you are a first-time marathoner, trying to set a new PR or looking to qualify for Boston, this book is for you. TRAIN LESS AND RUN YOUR BEST Some worry that running a marathon will involve hours upon hours of training each week. Others fear that they will become injured. Some veteran marathoners have followed other training plans and experienced both, but Tom's approach is much different. His philosophy of train less, run your best will amaze you whether you are running your first marathon or fiftieth. Exercise physiologist and sports performance coach Tom Holland -- an elite endurance athlete himself and sub-3 hour marathoner who has run in more than fifty marathons, three ultramarathons, and a dozen Ironman triathlons around the world will teach you how to properly gear up and train in the sixteen weeks prior to your half or full marathon. So when that starting gun sounds, you'll be equipped with invaluable tips and techniques that will put you in position to run the best race of your life. The Marathon Method provides you with everything you need to know including: Easy-to-understand advice on nutrition, hydration, and gear Customized training plans for beginner, intermediate, and advanced runners Advice on the mental side of running and how to make your mind go that extra mile Strategies to avoid hitting the infamous 'wall' Tips on pacing, injury prevention, strength training, flexibility, and much more!

22 week marathon training plan: *Master the Marathon* Ali Nolan, 2021-09-14 "A must-have for any woman targeting the distance." —Runner's World A no-nonsense, interactive guide that empowers all women at all levels to run their strongest, best marathon ever As recently as 1966, women were forbidden to run in the marathon. Professionals—including doctors—believed it was physically impossible and dangerous for women to run more than a mile and a half. But as with many other barriers women have faced over time, we fought our way in. Today, women make up almost half of the marathoning population. Yet most marathon training manuals are written by men. And while these men are experts when it comes to how men can and should train, women need training programs tailored to our bodies—to our unique strengths and weaknesses—so that we can avoid injuries and run at our peak. The programming in this book was created by a woman, specifically for women. Master the Marathon is a comprehensive guide to marathon training for women at all levels of running—beginner, intermediate, and advanced. The book takes you through everything you need to know to be prepared for the 26.2 miles of the marathon, including detailed training plans, strength training programs, building your mental awareness of your physical body, nutrition, guidance on finding the best marathon for you, identifying and avoiding potential injuries, inspirational advice, and other unexpected pieces of wisdom. Both incredibly practical and deeply motivating, Master the Marathon will help you unlock the strength and determination inside you to embark on the spectacular journey that is the marathon.

22 week marathon training plan: *Run Your Butt Off!* Leslie Bonci, Sarah Butler, Budd Coates, 2011-03-15 Shed unwanted pounds and keep them off ONCE AND FOR ALL with Run Your Butt Off!, a back-to-basics, test panel-approved weight-loss plan and beginners' running program that yields sustainable, healthy results. The Run Your Butt Off! program is founded on the simple concept that in order to lose weight, calories burned must exceed calories consumed. No gimmicks, no shortcuts, no silver bullets can circumvent that reality. With this program, you'll learn to burn fat from both sides of the weight-loss equation—the calories in and the calories out—at the same time.

Run Your Butt Off! will make you fitter, stronger, and leaner.

22 week marathon training plan: Triathlete Magazine's Essential Week-by-Week Training Guide Matt Fitzgerald, 2009-11-29 From Triathlete magazine--the most popular source for triathlete information--comes an essential guidebook of weekly training plans for all skill levels. As popular as the swim-bike-run sport has become in recent years, triathlon training remains a daunting physical and mental challenge. From short sprints to Olympic distance events, this guide from Triathlete magazine provides athletes with different plans for every skill level, and shows them how to build up their training to reach their ultimate goal. Good-humored narrative text accompanies detailed workout schedules, guidelines, weekly goals, and coaching tips. Including off-season training advice and photo-illustrated stretches and exercises, this is the book triathletes need to stay at the top of their game.

22 week marathon training plan: Training for the Uphill Athlete Steve House, Scott Johnston, Kilian Jornet, 2019-03-12 Presents training principles for the multisport mountain athlete who regularly participates in a mix of distance running, ski mountaineering, and other endurance sports that require optimum fitness and customized strength

22 week marathon training plan: Running Your First Marathon Andrew Kastor, 2018-01-09 Andrew Kastor has taken the tried-and-true principles that all us pros follow and made them available and applicable for everyone. Just as Andrew has helped me on my journey, he is sure to help you on yours.—Ryan Hall, US Olympic Marathoner, holder of the US record in the half marathon, and marathon training expert As a marathon training coach for world-class runners and Olympic medalists, Andrew Kastor knows what it takes to get to the finish line. Whether you are planning to run a full or half marathon, Coach Kastor's marathon training program conditions you to set achievable goals, get in shape, and stay motivated. With an easy-to-follow 20-week marathon training schedule for building strength and endurance, plus expert advice from record-holding runners on what to expect, Running Your First Marathon is the only coaching you'll need to go the distance. Running Your First Marathon lays out a goal-oriented marathon training program with: A 20-Week Marathon Training Program—detailed day-by-day marathon training schedules and space to track your progress Marathon Training 101—advice and tips from world-class marathoners on marathon training, fueling your body, avoiding injury, and race-day preparation Motivational Marathon Training Boosts—from Coach Kastor and other famous runners to help you stay on track during marathon training Running Your First Marathon will not only inspire you but also help train your mind and body to unlock hidden potential.—Shalane Flanagan, Olympic Silver Medalist, NYC Marathon champion, American record holder, and marathon training pro

22 week marathon training plan: The 9-Mile Marathon M Marlies N Kort, 2018-04-25 In the RUNNING society most people will tell you what 9-MILERS are doing is IMPOSSIBLE. Running solid marathons without those endless long and slow 18+ mile training runs. Yet it's happening EVERY DAY! 9-Milers are the REBELS. The 'Crazy Ones'. The round pegs in the square holes. They're NOT fond of the traditional running rules. 9-Milers CHANGE things. They PUSH things FORWARD. You can't ignore them. 9-MILERS want to HAVING IT ALL. Living a busy LIFE with work, FAMILY and friends, AND enjoy the THRILL of running marathons at THE BIG EVENTS. Feeling GREAT. POWERFUL. Finish STRONG. FIT. Maybe even FASTER than they EVER thought POSSIBLE. Author and founder of 9MILER4LIFE Marlies Kort, 2h47 marathon finisher and Ironman 70.3 World Champion F40-44, doesn't want to CHANGE the way you're training today. With The 9-Mile Marathon Training System Marlies Kort wants to replace it with something TOTALLY NEW; training, running and 'living' The 9-Miler Way.

22 week marathon training plan: The Runner's World Big Book of Marathon and Half-Marathon Training Jennifer Van Allen, Bart Yasso, Amby Burfoot, Pamela Nisevich Bede, Editors of Runner's World Maga, 2012-06-05 The first dedicated book on marathon and half marathon training from the renowned experts at Runner's World Runner's World Big Book of Marathon and Half-Marathon Training gives readers the core essentials of marathon training, nutrition, injury prevention, and more. The editors of Runner's World know marathon training better

than anyone on the planet. They have spent the last few years inviting readers to share the long, sweaty journey to the starting line, putting themselves on call to personally answer readers' questions 24/7. This book includes testimonials from real runners, more than 25 training plans for every level and ability, workouts, a runner's dictionary, and sample meal plans. *Runner's World Big Book of Marathon and Half-Marathon Training* is a powerful and winning resource—the ultimate tool kit for anyone who wants to get from the starting line to the finish line.

22 week marathon training plan: *Runner's World Train Smart, Run Forever* Bill Pierce, Scott Murr, Editors of *Runner's World* Maga, 2017-04-04 From the experts at the Furman Institute of Running and Scientific Training (FIRST), *Runner's World Train Smart, Run Forever* goes beyond traditional training programs and addresses the issues that prevent runners from reaching their full potential. This book will teach you how to become a fit, fast, and healthy lifelong runner by following the authors' innovative 7-hour workout week. In this new approach, Bill Pierce and Scott Murr show how overall fitness and total body health are the secret to longevity as a runner. *Runner's World Train Smart, Run Forever* is appropriate for all runners, but is especially helpful if you're frustrated by injuries or looking to maintain your healthy lifestyle as you age. This book addresses the controversies surrounding the dangers of overtraining and the stress associated with the constant craving for faster race times. Complete with a comprehensive program to enhance overall fitness, improve race times, and support healthy aging, this book will show you how to achieve your fitness goals at any stage.

22 week marathon training plan: *Train Like a Mother* Dmitry McDowell, Sarah Bowen Shea, 2012-03-20 The authors of *Run Like a Mother* share a comprehensive guide to race training for busy runners of all experience levels. In *Train Like a Mother*, elite runners Dmitry McDowell and Sarah Bowen Shea offer inspiration and practical advice on how to run a race—from training plan to finish line. Covering four race distances (5K, 10K, half-marathon, and marathon), they discuss pre- and post-race nutrition; strength training; injury prevention (and rehab); the importance of recovery; and everything busy women need to know to add racing to their multitasking schedules. It is all presented with the same wit, empathy, and tone the avid fans connect and identify with.

22 week marathon training plan: *Marathon* David A. Smith, 1982

22 week marathon training plan: *How She Did It* Molly Huddle, Sara Slattery, 2022-03-08 The ultimate roadmap for female distance runners, from two-time Olympian Molly Huddle and two-time NCAA champion Sara Slattery—featuring 50 candid interviews with women who've made it. The road from a high school track to an Olympic starting line is long and sometimes shadowy. Obstacles like chronic injuries, under-fueled nutrition, and coercive coaching can threaten to derail careers before they've even begun. Frustrated by seeing young talent burn out before reaching their potential, professional distance runner Molly Huddle and college coach Sara Slattery have teamed up with trailblazing running legends and sports medicine professionals to create an essential guide to reach your running potential. This is *How She Did It*—an instructional and inspirational collection of stories and advice for female runners. The book begins with key information from the professionals who help make athletic excellence possible: trainers, physicians, nutritionists, and sports psychologists. Then, you'll hear the first-person accounts of fifty women who've done it themselves. From the pioneers who fought tirelessly for women's inclusion in the sport to the names splashed across headlines today, featured athletes include: Joan Benoit Samuelson • Patti Catalano Dillon • Madeline Manning Mims • Paula Radcliffe • Deena Kastor • Brenda Martinez • Shalane Flanagan • Emma Coburn • Raevyn Rogers • Molly Seidel • and more. With Molly and Sara guiding the way, these athletes share their empowering stories, biggest regrets, funniest moments, and hard-won advice. Collectively, these voices are the embodiment of strength, meant to educate, inspire, and motivate you to see how far—and how fast—you can go.

22 week marathon training plan: *No Meat Athlete* Matt Frazier, Matt Ruscigno, 2013-10 Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, *No Meat Athlete* is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and

popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: Weight loss, which often leads to increased speed; Easier digestion and faster recovery after workouts; Improved energy levels to help with not just athletic performance but your day-to-day life; Reduced impact on the planet. Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. No Meat Athlete will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way--

22 week marathon training plan: Healthy Tipping Point Caitlin Boyle, 2012-05-01 Start small for big results with this inspiring guide to lifelong wellness—from popular health blogger and author of Operation Beautiful. In Healthy Tipping Point, Caitlin Boyle shares the down-to-earth philosophy and authoritative advice that has made her websites so popular. Believing that reaching a tipping point means much more than tipping the scales, Boyle helps readers find their personal ideal balance in food, fitness, love, and life, in a breakthrough program organized around three shifts: • Get Real: Challenge negative-thought patterns to create space for success • Eat Clean: Ditch conventional “diet” advice and follow a simple eating plan tailored to keep energy high, while helping the environment—including forty-five delicious vegetarian recipes for foodies on the go • Embrace Strength: Commit to a high-powered fitness program designed to help one learn to love exercise and build a strong, lean body—with targeted guidance for novice runners, bikers, swimmers, and others Featuring twenty inspiring success stories and photos of people who have transformed their lives, the book proves that a healthy body is absolutely attainable. Healthy living and a healthy self-image go hand in hand. For anyone who struggles to get fit, Healthy Tipping Point provides the drive to thrive.

22 week marathon training plan: Training Essentials for Ultrarunning Jason Koop, 2016-05-01 When elite ultrarunners have a need for speed, they turn to coach Jason Koop. Now the sport's leading coach makes his highly effective ultramarathon training methods available to ultrarunners of all abilities in his book Training Essentials for Ultrarunning. Ultramarathoners have traditionally piled on the miles or tried an approach that worked for a friend. Yet ultramarathons are not just longer marathons; simply running more will not prepare you for the race experience you want. Ultramarathon requires a new and specific approach to training. Training Essentials for Ultrarunning will revolutionize training for those who want to race an ultramarathon instead of just gutting it out to the finish line. Koop's race-proven ultramarathon program is based on sound science, the most current research, and years of experience coaching the sport's star runners to podium performances. Packed with practical advice and vetted training methods, Training Essentials for Ultrarunning is the new, must-have resource for first-timers and ultramarathon veterans. Runners using Training Essentials for Ultrarunning will gain much more than Koop's training approach: • The science behind ultramarathon performance. • Common ultramarathon failure points and how to solve them. • How to use interval training to focus workouts, make gains, reduce injuries, and race faster. • Simple, effective fueling and hydration strategies. • Koop's A.D.A.P.T. method for making the right decisions to solve a race-day crisis. • How to plan your ultra season for better racing. • Course-by-course coaching guides to iconic U.S. ultramarathons including American River 50, Badwater 135, Hardrock 100, Javelina 100, JFK 50, Lake Sonoma 50, Leadville 100, Vermont 100, Wasatch 100, and Western States 100. • How to achieve your goal, whether it's finishing or winning. A revolution is coming to ultrarunning as ultramarathoners shed old habits and embrace the smarter methods that science and experience show are better. Featuring stories and advice from ultrarunning stars Dakota Jones, Kaci Lickteig, Dylan Bowman, Timothy Olson, and others who work with Koop, Training Essentials for Ultrarunning is the go-to guide for first-time ultrarunners and

competitive ultramarathoners.

22 week marathon training plan: Run Better Jean-François Harvey, 2017-03-25 A practical, illustrated, and scientifically grounded guide to improving your running technique and preventing injury, written by a kinesiologist. In North America alone, thirty-seven million people run regularly, and most suffer at least one running-related injury a year. Run Better sets out to help runners of all abilities run smarter and injury-free by reviewing the proper mechanics of running and the role of shoes; providing training programs (from 5K to marathon distances) that promote rest and cross-training for adequate recovery; offering 90 running-specific exercises and technical drills to build strength, reinforce proper posture, encourage flexibility, improve mobility, and optimize breathing; and explaining 42 common running injuries and the ways to prevent and alleviate them. Illustrated with more than 150 color photographs, 50 black-and-white line drawings, and 20 charts and tables, Run Better is an easy to use and authoritative running handbook for anyone who wants to improve their running efficiency and decrease their risk of injury.

22 week marathon training plan: Marathoning for Mortals John Bingham, Jenny Hadfield, 2003-05-02 Once considered a feat for superhuman athletes, the marathon is now within every mortal's grasp. Former couch potato John Bingham has joined forces with coach Jenny Hadfield to create a winning plan that works for every mortal—even you. In Marathoning for Mortals, you'll find the courage to train, the willpower to persevere, and the tenacity to finish one mile after another. John and Jenny stick with you every step of the way, from your first insecure thoughts to your last-minute jitters to your supreme joy at the finish line. In Marathoning for Mortals, you'll find: • 8 training programs to run, run-walk, walk-run, or walk the half-marathon and marathon • The advice you need to physically, mentally, and spiritually reach your dreams • Tips to help you customize your training, buy the right shoes and apparel, and eat the best foods • Guidance for common motivational, physical, and emotional roadblocks Join John and Jenny on an amazing transformative journey where the finish line is just the beginning.

22 week marathon training plan: Can't Hurt Me David Goggins, 2021-03-03 New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare -- poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring Outside magazine to name him The Fittest (Real) Man in America. In Can't Hurt Me, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

22 week marathon training plan: YOU (Only Faster) Greg McMillan, McMillan Running, 2013-04-12

22 week marathon training plan: Inside a Marathon Ben Rosario, Scott Fauble, 2020-06-22 Inside a Marathon gives readers an all-access pass into the mind of a coach and an athlete as they work together to prepare for one of the world's most prestigious races, the New York City Marathon. Follow along from two different perspectives as Scott Fauble and Ben Rosario share all of the highs and lows over the course of the 18 weeks leading into NYC. Fauble and Rosario take an unprecedented dive into what exactly goes into professional marathon training, and they tell a compelling story along the way. With 50+ black and white photographs this edition also includes a chapter on the 2019 Boston Marathon where Fauble ran 2:09:09 and finished in seventh place.

22 week marathon training plan: Smart Marathon Training Jeff Horowitz, 2011-10-01 Old-school marathon training plans ask runners to crank out 70 to 100 miles a week. It's no wonder those who make it to the start line are running ragged. Smart Marathon Training maps out a healthier, more economical approach to training that emphasizes quality over quantity. With more than 75 detailed exercises plus six easy-to-follow training plans for half and full marathons, Smart

Marathon Training will get you to the starting line feeling refreshed and ready to run your best race yet. This innovative program eliminates junk miles, paring down training to three essential runs per week and adding a dynamic strength and cross-training program to build overall fitness. Runners will train for their best performance in less time and avoid the injuries, overtraining, and burnout that come from running too much. Smart Marathon Training builds up a runner's body to resist injury. Runners gain the strength they need to run long using functional exercises that target the hips, glutes, and quads. Running is a full-body sport, so this training program also builds a strong core and upper body to avoid injuries that begin above the waist. No one fakes a marathon or half-marathon--everyone has to do the work. But Smart Marathon Training replaces long, grinding miles with low-impact cross-training. Horowitz outlines a cycling plan to complement run workouts, boosting base fitness while saving runners' bodies for their best runs.

22 week marathon training plan: Marathon, All-New 4th Edition Hal Higdon, 2011-09-27 Especially in tough economic times, running offers an affordable and positive way to relieve stress and gain a sense of accomplishment. Marathons and—more than ever—half-marathons are the ultimate achievement for runners and have experienced an unprecedented boom in the last several years. New hunger for reliable information on marathon and half-marathon training, as well as new technologies that have revolutionized ordinary people's ability to train intelligently, means the time is right for a new edition of longtime Runner's World contributor Hal Higdon's classic guide to taking the guesswork out of preparing for a marathon, whether it's a reader's first or fiftieth. At the core of the book is Higdon's clear and essential information on training, injury prevention, and nutrition. With more than 25 percent new material, this fourth edition of a running classic is a must-own for both longtime runners and those new to the sport.

22 week marathon training plan: Unbreakable Runner T.J. Murphy, MacKenzie, 2014-09-22 A New York Times Best Seller! Men's Journal Health Book of the Year In Unbreakable Runner, CrossFit Endurance founder Brian MacKenzie and journalist T.J. Murphy examine long-held beliefs about how to train, tearing down those traditions to reveal new principles for a lifetime of healthy, powerful running. Unbreakable Runner challenges conventional training tenets such as high mileage and high-carb diets to show how reduced mileage and high-intensity training can make runners stronger, more durable athletes and prepare them for races of any distance. Distance runners who want to invigorate their training, solve injuries, or break through a performance plateau can gain power and resilience from MacKenzie's effective blend of run training and whole-body strength and conditioning. CrossFitters who want to conquer a marathon, half-marathon, or ultramarathon will find endurance training instruction with 8- to 12-week programs that combine CrossFit™ workouts with run-specific sessions. Unbreakable Runner includes CrossFit-based training programs for race distances from 5K to ultramarathon for beginner, intermediate, and advanced runners. Build a better running body with this CrossFit Endurance-based approach to running training.

22 week marathon training plan: The Non-Runner's Marathon Trainer David A. Whitsett, Forrest A. Dolgener, Tanjala Jo Kole, 1998-02-01 Athlete. Runner. Marathoner. Are these words you wouldn't exactly use to describe yourself? Do you consider yourself too old or too out of shape to run a marathon? But somewhere deep inside have you always admired the people who could reach down and come up with the mental and physical strength to complete such a daunting and rewarding accomplishment? It doesn't have to be somebody else crossing the finish line. You can be a marathoner. The Non-Runner's Marathon Trainer is based on the highly successful marathon class offered by the University of Northern Iowa, which was featured in a Runner's World article titled Marathoning 101. The class has been offered five times over 10 years, and all but one student finished the marathon. That is approximately 200 students -- all first time marathoners and many with absolutely no running background. This book follows the same 16-week, four-day-a-week workout plan. What makes the success rate of this program so much higher than any other? The special emphasis on the psychological aspects of endurance activities. You don't have to love to run -- you don't even have to like it -- but you have to realize that you are capable of more than you have ever thought possible. One participant in the program explained it like this: I'm doing this for me --

not for others or the time clock. I just feel better when I run, plus it helps me to cope with things in general. The skills we've learned in this class don't apply just to marathoning -- they apply to life! Just like you never know what the next step in a marathon will bring, so too, you never know what will happen next in life. But if you don't keep going, you're never going to find out. By staying relaxed, centered, and positive you handle just about anything that comes your way. This is marathon running for real people, people with jobs and families and obligations outside of running. The Non-Runner's Marathon Trainer has proven successful for men and women of all ages. Now let it work for you.

22 week marathon training plan: Training for the New Alpinism Steve House, Scott Johnston, 2014-03-11 In Training for the New Alpinism, Steve House, world-class climber and Patagonia ambassador, and Scott Johnston, coach of U.S. National Champions and World Cup Nordic Skiers, translate training theory into practice to allow you to coach yourself to any mountaineering goal. Applying training practices from other endurance sports, House and Johnston demonstrate that following a carefully designed regimen is as effective for alpinism as it is for any other endurance sport and leads to better performance. They deliver detailed instruction on how to plan and execute training tailored to your individual circumstances. Whether you work as a banker or a mountain guide, live in the city or the country, are an ice climber, a mountaineer heading to Denali, or a veteran of 8,000-meter peaks, your understanding of how to achieve your goals grows exponentially as you work with this book. Chapters cover endurance and strength training theory and methodology, application and planning, nutrition, altitude, mental fitness, and assessing your goals and your strengths. Chapters are augmented with inspiring essays by world-renowned climbers, including Ueli Steck, Mark Twight, Peter Habeler, Voytek Kurtyka, and Will Gadd. Filled with photos, graphs, and illustrations.

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