



***2010 Boston Marathon[®]
Training Clinic Series***

ADVANCED COMPETITOR

**B.A.A. MARATHON[®]
TRAINING PROGRAM**



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ADVANCED COMPETITOR TRAINING PROGRAM

For the experienced marathoner who has competed at the distance and has a specific time goal.

Week 1	Jan 24. - Jan. 30	Week 4	Feb. 14 - Feb. 20
41 to 54 miles		37 to 47 miles	
Sunday	Long Run - 14 to 16	Sunday	Long Run - 14 to 15
Monday	Recovery Day - 0 to 3 miles	Monday	Recovery Day - 0 to 3 miles
Tuesday	Short Tempo - 15 minute warm-up, 4 x 5 minute tempo @ 10k pace with 3 minutes recovery, 10-15 minute cool down.	Tuesday	Short Tempo - 15 minute warm-up, 5 x 5 minute tempo with 2 minutes recovery @ 10k pace, 10-15 minute cool down.
Wednesday	Easy Distance 4 -6 miles	Wednesday	Easy Distance 4 -6 miles
Thursday	Medium Distance - 8 - 10 miles with miles 3-6 @ marathon tempo	Thursday	Medium Distance - 8 -10 miles
Friday	Easy Distance 4 -6 miles	Friday	40 - 60 minutes of cross training
Saturday	Easy distance 3-5 miles	Saturday	Easy distance 3-5 miles
Week 2	Jan. 31 - Feb. 6	Week 5	Feb. 21 - Feb. 27
39 - 50 miles		46 to 61 miles	
Sunday	Long Run - 16 to 18	Sunday	Long Run - 19 to 23
Monday	Recovery Day - 0 to 3 miles	Monday	Recovery Day - 0 to 3 miles
Tuesday	Short Tempo - 15 minute warm-up, 5 x 3 minute tempo/ 2 minutes recovery @ 5k pace, 10-15 minute cool down.	Tuesday	Short Tempo - 15 minute warm-up, 10 minute tempo with 3 minutes recovery , 2 x 5 minute tempo with 2 minutes recovery @ 10k pace, 10-15 minute cool down.
Wednesday	Easy Distance 4 -6 miles	Wednesday	Easy Distance 4 -6 miles
Thursday	Medium Distance - 8 - 10 miles	Thursday	Medium Distance - 8 -10 miles with miles 3-8 @ marathon tempo
Friday	40 to 60 minutes of cross training (bike, swim, elliptical, yoga, etc.)	Friday	Easy Distance 4 -6 miles
Saturday	Easy distance 3-5 miles	Saturday	Easy distance 3-5 miles
Week 3	Feb. 7 - Feb. 13	Week 6	Feb. 28 - Mar. 6
45 to 60 miles		39 to 50 miles	
Sunday	Long Run - 18 to 22	Sunday	Long Run - 16 to 18
Monday	Recovery Day - 0 to 3 miles	Monday	Recovery Day - 0 to 3 miles
Tuesday	Short Tempo - 15 minute warm-up, 2 x 10 minute tempo with 5 minutes recovery @ half -marathon pace, 10-15 minute cool down.	Tuesday	Short Tempo - 15 minute warm-up, 2 x 10 minute tempo w/ 5 minutes rest @ 10k pace, 10-15 minute cool down.
Wednesday	Easy Distance 4 -6 miles	Wednesday	Easy Distance 4 -6 miles
Thursday	Medium Distance - 8 -10 miles with miles 3-7 @ marathon tempo	Thursday	Medium Distance - 8 -10 miles
Friday	Easy Distance 4 -6 miles	Friday	40 - 60 minutes of cross training
Saturday	Easy distance 3-5 miles	Saturday	Easy distance 3-5 miles

Week 7	Mar. 7 - Mar. 13	Week 10	Mar. 28 - Apr. 3
41 to 54 miles		42 to 55 miles	
Sunday	Long Run - 14 to 16 miles	Sunday	Long Run - 16 to 18 miles
Monday	Recovery Day - 0 to 3 miles	Monday	Recovery Day - 0 to 3 miles
Tuesday	Short Tempo - 15 minute warm-up, 4 x 6 minute tempo with 3 minutes recovery @ 10k pace, 10-15 minute cool down.	Tuesday	Short Tempo - 15 minute warm-up, 2 x 10 minute tempo with 2 minutes recovery @ 10k pace, 10-15 minute cool down.
Wednesday	Easy Distance 4 -6 miles	Wednesday	Easy Distance 4 -6 miles
Thursday	Medium Distance - 8 -10 miles	Thursday	Medium Distance - 8 -10 miles with miles 2 - 7 @ marathon tempo
Friday	40 - 60 minutes of cross training	Friday	Easy distance 3-5 miles
Saturday	Easy distance 3-5 miles	Saturday	Easy distance 3-5 miles
Week 8	Mar. 14 - Mar. 20	Week 11	Apr. 4 - Apr. 10
47 to 62 miles		33 to 43 miles	
Sunday	Long Run - 20 to 24 miles	Sunday	Long Run - 12 to 14 miles
Monday	Recovery Day - 0 to 3 miles	Monday	Recovery Day - 0 to 3 miles
Tuesday	Short Tempo - 15 minute warm-up, 3 x 10 minute tempo w/ 5 minutes recovery @ 10k pace, 10-15 minute cool down.	Tuesday	Short Tempo - 15 minute warm-up, 4 x 5 minute tempo with 2 minutes recovery @ 10k pace, 10-15 minute cool down.
Wednesday	Easy Distance 4 -6 miles	Wednesday	Easy Distance 4 -6 miles
Thursday	Medium Distance - 8 -10 miles 2 - 7 @ marathon tempo	Thursday	Medium Distance - 6 - 8 miles
Friday	Easy Distance 4 -6 miles	Friday	30 minutes of cross training
Saturday	Easy distance 3-5 miles	Saturday	Easy distance 3-5 miles
Week 9	Mar. 21 - Mar. 27	Week 12	Apr. 11 - Apr. 19
40 to 52 miles		26 to 36 miles	
Sunday	Race (New Bedford 1/2 Marathon) 17 - 19 miles with warm-up/cool down or 17 - 20 miles with miles 5-15 @marathon tempo.	Sunday	Long Run - 10 miles
Monday	Recovery Day - 0 to 3 miles	Monday	Rest 0
Tuesday	Short Tempo - 15 minute warm-up, 2 x 15 minute tempo with 5 minutes recovery @ 10k pace, 10-15 minute cool down.	Tuesday	Short Tempo - 10 minute warm-up, 5 x 2 minute tempo with 2 minutes recovery @ 10k pace, 10 minute cool down.
Wednesday	Easy Distance 4 -6 miles	Wednesday	Easy Distance 4 miles
Thursday	Medium Distance - 8 -10 miles	Thursday	Short Tempo - 10 minute warm-up, 20 minute tempo @ Half marathon pace, 10 minute cool down.
Friday	40 - 60 minutes of cross training	Friday	Easy Distance 3 miles
Saturday	Easy distance 3-5 miles	Saturday	Easy Distance 3 miles
		Sunday	Rest 0
		Monday	114th Boston Marathon! Good Luck!