

CLOCKTOWER RUNNERS

2020 MARATHON TRAINING PROGRAM

The Clocktower Runners 2020 Marathon Training Program consists of an 18 week schedule.

The purpose of the schedule is to provide sufficient training for runners to get to the start line healthy and able to complete the 26.2 mile course. Of course, runners of any experience may use this program if they desire. The weekly schedule consists of 4-5 days of running, 1 - 2 days of rest and one day of cross-training. The intermediate schedule includes two 20 mile long run. A conversational pace is suggested for most runs.

The schedule suggests one day of rest and one day of cross training weekly. The schedule includes **Tempo Runs (continuous comfortably hard run between 10K and half marathon pace)** or **Intervals (a series of fast-paced, but not all out short run segments with partial recovery periods (jog, walk or stand) between them)**. On the weeks without Intervals, it is suggested that the runners add **Strides (accelerations of up to 100 yards with complete recovery between)** as a means to improve form while running fast. The majority of long runs will be run at a steady slow pace, from 30 to 60 seconds slower than marathon pace, for most. The faster the runner, the greater the difference will be between training and marathon pace. Approximately every third week, from 1/3 to 1/2 of the long run miles will be run at marathon pace, typically building to 45 seconds faster than the slow long run pace.

Speed workout has been incorporated into the schedule, but it is recommended for runners who have at least 1 or 2 marathons under their belt and are looking to improve their time. First time runners on alternating weeks, are encouraged to add a short **Tempo Run (continuous comfortably hard pace)** or **Fartleks (speed play - unstructured speed sessions during which runners occasionally pick up the pace, but never all-out, running to the next tree, light post or water fountain, whether for 20 seconds or a minute)**.

The schedules are provided as guides. Runners may switch days of the week to better fit their own life schedules and may take extra rest days or reduce mileage if necessary to avoid over-training. Symptoms of over-training may include increased resting heart rate, lack of motivation, sleep disturbance, irritability and poor workouts or races in spite of increases in training. Runners should not run through injuries just to complete the scheduled mileage, and should seek professional care when injured. **Runners following these schedules may reduce weekly mileage if necessary, but are strongly encouraged to complete the three key workouts; long runs, tempo runs and intervals.**

Schedule Examples:

Tempo Workout 7 (4T@HM-15K) This 7 mile Tempo workout includes 4 continuous miles run in a range between half-marathon and 15K pace. The tempo pace miles are preceded by a 2 mile warm-up at easy pace and followed by a 1 mile cool-down at easy pace.

Intervals 6 (3X1@ 5K) This 6 mile Interval workout includes 3 separate miles run at 5K pace with recovery breaks between each mile. The intervals are preceded by a two mile warm-up and followed by a 1 mile cool-down.

Easy Run with Strides 6+6x100 (S) This a six mile easy – medium pace run followed by 6 strides which are 50 to 100 yard accelerations with recovery between them.

Long Run with Marathon Pace Miles 12 (6 MP) This 12 mile long run includes 6 miles at long run pace with the last 6 miles averaging marathon pace. Starting with mile 7, the pace progresses to marathon pace and finishes faster than marathon pace.

All runners are encouraged to add at least two weekly sessions of general and functional, running specific strength training. Examples include single leg squats, single leg deadlifts and lunges. Plyometrics (jumping type exercises such as jump squats) are suggested for seasoned marathon runners. Gluteal strengthening is encouraged for all runners. If done correctly, strength training should help improve performance and reduce occurrence of injury. Dynamic warm-ups are recommended before every workout, but are essential before tempo runs and speed work. Static stretching is suggested following the runs. **Cross training workouts** may include biking and spinning, yoga, swimming, elliptical or stair climbers, or other cardio activities. These should be performed at medium effort with the purpose of maintaining aerobic fitness without the pounding of running. At least one total rest day is recommended for all runners.

The Estimated Training and Race Paces table below, adapted from McMillan Running, may be helpful to experienced and faster runners in determining paces for various workouts and races. The more recent and longer a race, the better it is for projecting other race and training paces. For example, a runner having recently completed a half-marathon with an 8:10/mile pace may reasonably strive for a 3:45 marathon, which is close to an 8:35/mile pace. The slow long run training pace might be somewhere from 9:05 -9:35/mile, and the suggested 5K interval pace would be near 7:25/mile. Many runners, however, will use perceived effort or heart rate to determine their paces. In general, novice marathoners and slower paced runners are encouraged to run by perceived effort. The long run pace for these runners may be close to their marathon pace.

This schedule is a revision of The 2013 Clocktower training schedule designed by Coach Robert Horwitz. The speed work was designed by Coach Robert Horwitz

ESTIMATED TRAINING AND RACE PACES

MARATHON AND LONG RUN PACES			TEMPO INTERVALS		TEMPO PACES		INTERVAL PACES			
							¼ M	½ M	1M	
MARATHON TIME	MARATHON PACE	LONG RUN PACE	10K PACE	12K (LT) PACE*	15 K**	HALF MARATHON PACE	2K PACE	3K PACE	5K PACE	8K PACE
3:00	6:53	7:23-7:53	6:10	6:15	6:23	6:31	5:26	5:41	5:57	6:07
3:15	7:27	7:57-8:27	6:41	6:46	6:54	7:04	5:53	6:09	6:26	6:37
3:30	8:01	8:31-9:01	7:11	7:17	7:26	7:36	6:21	6:38	6:56	7:08
3:45	8:36	9:06-9:36	7:42	7:49	7:58	8:09	6:48	7:06	7:26	7:39
4:00	9:10	9:40-10:10	8:13	8:20	8:30	8:42	7:15	7:34	7:55	8:09
4:15	9:44	10:14-10:44	8:44	8:51	9:02	9:14	7:42	8:02	8:25	8:40
4:30	10:19	10:49-11:19	9:15	9:22	9:34	9:47	8:04	8:31	8:55	9:10
4:45	10:53	11:23-11:53	9:45	9:54	10:06	10:19	8:37	9:00	9:25	9:41
5:00	11:28	11:58-12:28	10:16	10:25	10:38	10:52	9:04	9:28	9:54	10:12

* LT =LACTATE THRESHOLD 12K PACE IS ESTIMATE FOR LT **15K PACE FOR MOST TEMPO RUN

CLOCKTOWER RUNNERS 2020 CHICAGO MARATHON TRAINING PROGRAM

NOVICE	3	3	R	4	R	5	XT	15
INTERMEDIATE	3-6	3 or 6 (4T)	R or 4 + S (4x100)	5-6	R	7	R or XT	18-28

WEEK 4	MON JUN 29	TUES JUN 30	WED JUL 1	THURS JUL 2	FRI JUL 3	SAT JUL 4	SUN JUL 5	WEEK TOTAL MILES
NOVICE	3	3	R	4	R	9	XT	19
INTERMEDIATE	3-6	3 or 6 (4 hills)	R or 4	5-6	R	11 (5 MP)	R or XT	22-32

Speed Workout:

Week3: 6 (4T@HM-15K)

Week4: 6 (4 hills)

I INTERVAL MP MARATHON PACE S STRIDES T TEMPO R REST XT CROSS TRAIN

WEEK 5	MON JUL 6	TUES JUL 7	WED JUL 8	THURS JUL 9	FRI JUL 10	SAT JUL 11	SUN JUL 12	WEEK TOTAL MILES
NOVICE	3	3	R	5	R	10	XT	21

INTERMEDIATE	3-6	3 or 5 (3 X 1)mile	R or 4 + S (6x100)	5-7	R	12	R or XT	23-34
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WEEK 6	MON JUL 13	TUES JUL 14	WED JUL 15	THURS JUL 16	FRI JUL 17	SAT JUL 18	SUN JUL 19	WEEK TOTAL MILES
NOVICE	3	3	R	5	R	7	XT	18
INTERMEDIATE	3-6	3 or 5l (6x1/2)	R or 4	5-7	R	9	R or XT	20-31

Speed Workout:

Week5: 5 (3 X 1)mile @ 5K)

Week6: 5l (6x1/2 @ 5K)

I INTERVAL MP MARATHON PACE S STRIDES T TEMPO R REST XT CROSS TRAIN

WEEK 7	MON JUL 20	TUES JUL 21	WED JUL 22	THURS JUL 23	FRI JULY 24	SAT JUL 25	SUN JUL 26	WEEK TOTAL MILES
NOVICE	3	4	R	6	R	12	XT	25

INTERMEDIATE	3-6	4 or 5 (12 X ¼)	R or 4 + S (6x100)	6-8	R	14 (7 MP)	R or XT	27-38
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WEEK 8	MON JUL 27	TUES JULY 28	WED JUL 29	THURS JUL 30	FRI JUL 31	SAT AUG 1	SUN AUG 2	WEEK TOTAL MILES
NOVICE	3	3	R	6	R	13	XT	25
INTERMEDIATE	3-6	3 or 5 (1 mile @ 5k, 2 X 1/2 @3K, 4 X ¼ @ 2K)	R or 4	6-8	R	15	R or XT	27-39

Speed Workout:

Week7: 5 (12 X ¼ Mile @ 3K)

Week8: 5 (1 mile @ 5k, 2 X 1/2 @3K, 4 X ¼ @ 2K)

I INTERVAL MP MARATHON PACE S STRIDES T TEMPO R REST XT CROSS TRAIN

WEEK 9	MON AUG 3	TUES AUG 4	WED AUG 5	THURS AUG 6	FRI AUG 7	SAT AUG 8	SUN AUG 9	WEEK TOTAL MILES
NOVICE	4	4	R	7	R	10	XT	25
INTERMEDIATE	3-6	4 or	R or 4 + S (6x100)	7-9	R	12	R or XT	26-37

		5 M (12X1/8 uphill)						
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WEEK 10	MON AUG 10	TUES AUG 11	WED AUG 12	THURS AUG 13	FRI AUG 14	SAT AUG 15	SUN AUG 16	WEEK TOTAL MILES
NOVICE	4	4	R	7	R	15	XT	30
INTERMEDIATE	3-6	4 or 7 Tempo Interval Combo	R or 4	7-9	R	17 (9 MP)	R or XT	31-42

Speed Workout:

Week9: 5 M (12X1/8 uphill @5k effort, easy down except controlled fast down every 4th

Week10: 7 Tempo Interval Combo (1 1/2 M MP, 2 min, 6x 400 @ 5K, 1 min breaks, 3 mins, 2@ 15 sec faster MP

I INTERVAL MP MARATHON PACE S STRIDES T TEMPO R REST XT CROSS TRAIN

WEEK 11	MON AUG 17	TUES AUG 18	WED AUG 19	THURS AUG 20	FRI AUG 21	SAT AUG 22	SUN AUG 23	WEEK TOTAL MILES
NOVICE	4	4	R	8	R	16	XT	32
INTERMEDIATE	3-6	4 or 7 Hill Combo Workout	R or 4 + S (8x100)	8-10	R	18	R or XT	33-44

WEEK 12	MON AUG 24	TUES AUG 25	WED AUG 26	THURS AUG 27	FRI AUG 28	SAT AUG 29	SUN AUG 30	WEEK TOTAL MILES
NOVICE	5	4	R	8	R	12	XT	29
INTERMEDIATE	3-6	4 or 8 Alternating Tempo- lactate Clearance	R or 4	8-10	R	14	R or XT	29-40

Speed Workout:

Week11: 7 Hill Combo Workout 1 1/2Miles @ MP, Rest, 6x 1/8 Hill, Rest, 2 Miles 10 sec faster MP, CD

Week12: 8 Alternating Tempo- lactate Clearance 3x (1 mile 12K-15K, 1 mile 10 sec faster than MP)

I INTERVAL MP MARATHON PACE S STRIDES T TEMPO R REST XT CROSS TRAIN

WEEK 13	MON AUG 31	TUES SEP 1	WED SEP 2	THURS SEP 3	FRI SEP 4	SAT SEP 5	SUN SEP 6	WEEK TOTAL MILES
NOVICE	5	4	R	9	R	18	XT	36
INTERMEDIATE	3-6	4 or 8 Alternations	R or 4	9-11	R	20	R or XT	35-48

WEEK 14	MON SEP 7	TUES SEP 8	WED SEP 9	THURS SEP 10	FRI SEP 11	SAT SEP 12	SUN SEP 13	WEEK TOTAL MILES
NOVICE	5	5	R	9	R	14	XT	33
INTERMEDIATE	3-6	5 or 8 Tempo Interval Combo	R or 4 + S (8x100)	9-11	R	15	R or XT	32-42

Speed Workout:

Week13: 8 Alternations 6 x (2/3 mile @ HM, 1/3 mile @ MP-10 seconds)

Week14: 8 Tempo Interval Combo (2 M MP, 2 min, 8x 400 @ 5K, 1 min breaks, 3 mins, 2@ 15 sec faster MP)

I INTERVAL MP MARATHON PACE S STRIDES T TEMPO R REST XT CROSS TRAIN

WEEK 15	MON SEP 14	TUES SEP 15	WED SEP 16	THURS SEP 17	FRI SEP 18	SAT SEP 19	SUN SEP 20	WEEK TOTAL MILES
NOVICE	5	5	R	10	R	20	XT	40
INTERMEDIATE	3-6	5 or 8 Hill Combo Workout	R or 4	10-12	R	20(9 MP)	R or XT	38-49

WEEK 16	MON SEP 21	TUES SEP 22	WED SEP 23	THURS SEP 24	FRI SEP 25	SAT SEP 26	SUN SEP 27	WEEK TOTAL MILES
NOVICE	4	5	R	8	R	12	XT	29
INTERMEDIATE	3-6	5 or 5 (3 X 1 Mile)	R or 4	8-9	R	13	R or XT	29-37

Speed Workout:

Week15: 8 Hill Combo Workout 2Miles @ MP, Rest, 8x 1/8 Hill, Rest, 2 Miles 10 sec faster MP, CD

Week16: 5 (3 X 1 Mile@5K)

I INTERVAL MP MARATHON PACE S STRIDES T TEMPO R REST XT CROSS TRAIN

WEEK 17	MON SEP 28	TUES SEP 29	WED SEP 30	THURS OCT 1	FRI OCT 2	SAT OCT 3	SUN OCT 4	WEEK TOTAL MILES
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NOVICE	3	4	R	4	R	8	XT	19
INTERMEDIATE	3-6	4 or 5 (6 X ½ Mile)	R or 4	4-5	R	9	R or XT	20-31

WEEK 18	MON OCT 5	TUES OCT 6	WED OCT 7	THURS OCT 8	FRI OCT 9	SAT OCT 10	SUN OCT 11	WEEK TOTAL MILES PRE-RACE
NOVICE	2	2	R	4	R	R	Marathon 26.2 All the Best!	8
INTERMEDIATE	3-6	2 or 5 Marathon Rehearsal Run	R	4-5	R or 2	R	Marathon 26.2 All the Best!	9-15

Speed Workout:

Week17: 5 (6 X ½ Mile @ 5 sec faster than 5k) 1 ½ min rest

Week18: 5 Marathon Rehearsal Run (1 slow, 3 MP, 1 Fast finish)

I INTERVAL MP MARATHON PACE S STRIDES T TEMPO R REST XT CROSS TRAIN