

NYRR MARATHON TRAINING PLAN CONSERVATIVE (18 WEEKS)

This program is intended for a runner averaging 4-5 days a week of running, where the longest run is around 40 minutes. This runner is new to speed work and is looking for a structured plan to get them to their goal race.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Regular Run or Rest Day	Regular Run or Rest Day	Speed Day or Regular Run	Regular Run or Rest Day	Regular Run Day	Cross Train or Regular Run	Long Run Day
1	20 minutes	Rest	20 minutes	Rest	30 minutes	Cross Train	40 minutes
2	Rest Day	Rest	35 minutes	Rest	35 minutes	Cross Train	50 minutes
3	Rest Day	20 minutes	30 minutes	Rest	30 minutes	Cross Train	60 minutes (1 hour)
4	Rest Day	20 minutes	30 minutes tempo run w/ 5-6 strides	Rest	30 minutes	Cross Train	60 minutes (1 hour)
5	20 minutes	Rest	40 minutes tempo run w/ 4-6 strides	Rest	30 minutes	Cross Train	70 minutes (1 hour and 10 minutes)
6	20-30 minutes	Rest	40 minutes easy effort w/ 4-6 hill repeats	Rest	40 minutes	Cross Train	80 minutes (1 hour and 20 minutes)
7	40 minutes	Rest	40 minutes fartlek w/ 6-8 strides	Rest	40 minutes	Cross Train	90 minutes (1 hour and 30 minutes)
8	Rest Day	Rest	40 minutes easy effort w/4-6 hill repeats	Rest	45 minutes	Cross Train	60 minutes (1 hour)
9	40 minutes	Rest	40 minutes progression run w/ 4-6 strides	Rest	30 minutes	Cross Train	100 minutes (1 hour and 40 minutes)
10	40 minutes	Rest	45 minutes tempo run w/ 4-6 strides	Rest	30 minutes	Cross Train	110 minutes (1 hour and 50 minutes)
11	45-60 minutes	Rest	45-60 minutes fartlek w/ 5-6 strides	Rest	45-60 minutes	Cross Train	120 minutes (2 hours)
12	Rest Day	Rest	45-60 minutes easy effort w/ 6-8 hill repeats	20-30 minutes	45-60 minutes	Cross Train	90 - 100 minutes (1 hour and 40 minutes)
13	45-60 minutes	Rest	40 minutes fartlek w/ 6-8 strides	Rest	45-60 minutes	20-30 minutes or cross train	135 minutes (2 hours and 15 minutes)

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14	45-60 minutes	Rest	45-60 minutes easy effort w/ 6-8 hill repeats	Rest	45-60 minutes	20-30 minutes or cross train	150 minutes (2 hours and 30 minutes)
15	45-60 minutes	Rest	45-60 minutes progression run w/ 4-6 strides	Rest	45-60 minutes	20-30 minutes or cross train	165 minutes (2 hours and 45 minutes)
16	45-60 minutes	Rest	40-60 minutes easy effort w/ 6-8 hill repeats	Rest	45-60 minutes	20-30 minutes or cross train	75 minutes (1 hour and 15 minutes)
17	Rest	Rest	40 minutes	Rest	30 minutes	Cross Train	50 - 60 minutes (1 hour)
18	Rest	Rest	30 minutes	Rest	20 minutes	Rest	Race

- **Strides:** Short (50-100 meters or 10-25 seconds), fast sprints used in training. Strides can be done prior to a race or workout as part of the warm-up, or they can be done after an easy run to strengthen running form.
- **Regular Run:** A workout in which you can hold a conversation through the entire run. This run is the most common run within your program.
- **Tempo Run:** A workout usually lasting 20 to 45 minutes and done at a racing pace that you can maintain for about an hour. If you are new to racing or unsure of your current race paces, make your tempo pace slightly faster than your easy runs and at a level where you are running harder than usual, but confident you can maintain the pace for an extended period.
- **Fartlek:** A workout involving running at various paces, sometimes for random amounts of time, to build speed and endurance and to prepare for unexpected pace changes in races. Fartlek is Swedish for “speed play.” An example of a fartlek workout is picking up the pace every third light pole on your street and then backing off the pace to a jog after the fourth light pole, or for more “play,” switching speeds every time you see someone in a red shirt.
- **Progressive Run:** A workout where you gradually increase your pace over a set amount of time. The workout will start off easy, and gradually increase and finish with a hard effort.
- **Hill Repeats:** A workout in which you run fast up a hill and then slowly jog/walk back to the bottom. The distance of the hill and the number of repeats can vary based on training goals, but usually each climb takes 30 seconds or longer and the workout ranges from 6 to 10 repeats.
- **Cross Training:** A workout that is another form of exercise besides running, such as hiking, walking, cycling, elliptical, rowing or swimming. These are intended to get your heart rate up but have little impact on your body.
- **Long Run:** A workout that is your longest run of the week, where you can hold a conversation throughout the run. The run can range from 60 minutes to up to 3 hours.
- **Rest Day:** A full day when you have little to no activity.