

Here we go! Training for the Freedoms Marathon and Half Marathon starts the week of June 26! The following training program is meant to be a guide for you as you start your journey towards September 30 (or whatever fall marathon you have chosen!) Keep an eye out for other AARC running buddies training and join in with a running/training partner throughout the summer! Have a happy and great training season!

Week 1:

Week of June 26

Run 1

Easy, easy back from your rest day

5 miles

Run 2

Try to do this run back to back to Run 1. Training your legs to run without a full recovery. This will be the run we will build on throughout the training program.

5 miles

Run 3

After a rest day or, third run in a row. Also, consider interval workout below.

5 miles

Run 4

Long Run

6 – 8 miles (full marathon)

5 – 7 miles (half marathon)

Weekly total:

20 – 23 miles

AARC Interval workout: 2 x 1 mile @ building pace, then 2 x 800 @ 5k, 2 min jog between each interval. 1600 at a building pace - each lap should be faster than the last, first lap at Threshold.

Spice up your workouts:

Add 3 – 4 strides at the end of the work out. (A stride is when you run 30 second at a fast pace with a 30 second recovery then repeat)

Week 2:

Week of July 3

Run 1

Easy, ease back from your rest day

5 miles

Run 2

Try to do this run the day after Run 1. You are training your legs to run without a full recovery.

This will be the run we will build on throughout the training program.

5 miles full and half marathon

Run 3

After a rest day or third run in a row. Consider track work out below.

5 miles

Run 4

Long Run (after a rest day)

7 – 9 miles (full marathon)

6 – 7 miles (half marathon)

Weekly total:

21 - 24

AARC Interval workout: 6 – 8 x 800 @ Threshold with 90 sec rest between each one

Spice up your workouts:

Try for negative splits: meaning run the second half of the run faster than the first half of the run

Week 3:

Week of July 10

Run 1

Easy, ease back from your rest day
5 miles

Run 2

Try to do this run the day after Run 1. You are training your legs to run without a full recovery. This will be the run we will build on throughout the training program.
5 - 6 miles full and half

Run 3

After a rest day or third run in a row. Consider track work out below.
5 miles

Run 4

Long Run (after a rest day)
8 – 10 miles (full marathon)
7 – 8 miles (half marathon)

Weekly total:

21 - 26

AARC Interval workout: 12 - 14 x 400m at a building pace with 60 second rest between each one. (Building pace: Start each 400 at 10k pace and progressively build up speed, so that you end the 400 at 5k pace).

Spice up your workouts:

Add in a tempo pace: meaning warm up at normal pace for 1.5 miles, run next mile or two faster than normal, cool down for 1.5 miles.

Week 4:

Week of July 17

Run 1

Easy, ease back from your rest day
5 miles

Run 2

Try to do this run the day after Run 1. You are training your legs to run without a full recovery. This will be the run we will build on throughout the training program.

6 miles full marathon
5 miles half marathon

Run 3

After a rest day or third run in a row. Consider track work out below.
5 miles

Run 4

Long Run (after a rest day)
10 – 12 miles (full marathon)
7 – 8 miles (half marathon)

Weekly total:
21 - 28

AARC Interval workout: Pyramid (400m, 800m, 1200m, 1600m, 1200m, 800m, 400m) with 90 second rest. A pyramid is a work out where you start at a small distance and build up to a top distance, then decrease the distance back to the bottom. As go up the period you want to do each interval at threshold and on the way down the intervals should be at 10k pace. The idea is to go faster on the way down than on the way up (negative splits). Typically pyramids go up by increasing the number of laps, in this workout you start at 1 lap, then 2 laps then 2 laps, then 4 laps, then 3 laps, then 2 laps, and lastly 1 lap.

Spice up your workouts:

Run the last two miles at a faster pace.

Week 5:

Week of July 24

Run 1

Easy, ease back from your rest day

5 miles

Run 2

Try to do this run the day after Run 1. You are training your legs to run without a full recovery.

This will be the run we will build on throughout the training program.

6 - 7 miles full marathon

5 miles half marathon

Run 3

After a rest day or third run in a row. Consider track work out below.

5 miles

Run 4

Long Run (after a rest day)

12 – 14 miles (full marathon)

7 – 8 miles (half marathon)

Weekly total:

21 - 31

AARC Interval workout: 4 x 1600m (1 mile/4 laps) at Threshold with 2:30 minute rest between each one.

Spice up your workouts:

Work to alternate every 2 miles faster then slower pace.

Week 6:
Week of July 31

Run 1

Easy, ease back from your rest day
5 miles

Run 2

Try to do this run the day after Run 1. You are training your legs to run without a full recovery. This will be the run we will build on throughout the training program.

6 -7 miles full marathon

5 – 6 miles half marathon

Run 3

After a rest day or third run in a row. Consider interval work out below.

5 miles

Run 4

Long Run (after a rest day)

10 -12 miles (full marathon)

8 miles (half marathon)

Weekly total:

22 - 29

AARC Interval workout: Latter (400m, 800m, 1200m, 1600m, 2000m) all at threshold with 90 second rest between each one. A Latter is a workout that steadily increases the distance each interval. In the workout you are doing 1 lap, 2 laps, 3 laps, 4 laps and 5 laps.

Spice up your workouts:

Negative splits: meaning run the second half of the run a faster pace than the first

Week 7:
Week of August 7

Run 1

Easy, ease back from your rest day
5 miles

Run 2

Try to do this run the day after Run 1. You are training your legs to run without a full recovery. This will be the run we will build on throughout the training program.

7 – 8 miles full marathon

6 miles half marathon

Run 3

After a rest day or third run in a row. Consider interval work out below.

5 miles

Run 4

Long Run (after a rest day)

14 -16 miles (full marathon)

10 – 12 miles (half marathon)

Weekly total:

26 - 34

AARC Interval workout: 8 x (400m @ a building pace, 60 rest), Then 8 x (200 Strides, jog 100m), A building pace is where you start @ 10k pace and progressively build to all out. For this workout try to speed up every 100m during the 400m

Spice up your workouts:

Add 4 – 6 strides at the end of the work out. (A stride is when you run 30 second at a fast pace with a 30 second recovery then repeat)

Week 8:

Week of August 14

Run 1

Easy, ease back from your rest day
5 miles

Run 2

Try to do this run the day after Run 1. You are training your legs to run without a full recovery. This will be the run we will build on throughout the training program.

8 – 9 miles

6 – 7 miles

Run 3

After a rest day or third run in a row. Consider interval work out below.

5 miles

Run 4

Long Run (after a rest day)

16 - 18 miles (full marathon)

12 – 14 miles (half marathon)

Weekly total:

28 - 36

AARC Interval workout: 6 - 7 x 1000m at threshold with 200m jog (non-stop). This workout you will run 1000m (a 2 lap and half around the track) then jog half a lap (200m) back to where you started, and go right into the next one..

Spice up your workouts:

Alternate every 2 miles pick up the pace, then slow down the pace

Races to consider

Leesburg 20k/5k: Sunday, August 21

Week 9:
Week of August 21

Run 1

Easy, ease back from your rest day
5 miles

Run 2

Try to do this run the day after Run 1. You are training your legs to run without a full recovery. This will be the run we will build on throughout the training program.

7 - 8 miles full marathon

6 miles half marathon

Run 3

After a rest day or third run in a row. Consider interval work out below.

5 miles

Run 4

Long Run (after a rest day)

12 – 14 miles (full marathon)

8 – 10 miles (half marathon)

Weekly total:

23 - 32

AARC Interval workout: 2 x 1 mile @ building pace, then 2 x 800 @ 5k, 2 min jog between each interval. 1600 at a building pace - each lap should be faster than the last, first lap at Threshold.

Spice up your workouts:

Negative splits: meaning run the second half of the run a faster pace than the first

Week 10:
Week of August 28

Run 1

Easy, ease back from your rest day
5 miles

Run 2

Try to do this run the day after Run 1. You are training your legs to run without a full recovery. This will be the run we will build on throughout the training program.

10 miles full marathon
6 miles half marathon

Run 3

After a rest day or third run in a row. Consider interval work out below.
5 miles

Run 4

Long Run (after a rest day)
18 - 20 miles (full marathon)
12 - 14 miles (half marathon)

Weekly total:
27 - 40

AARC Interval workout: 2 x 3200m (2 miles) at Threshold with 3:00 minute rest between each one.

Spice up your workouts:

Try for negative splits: meaning run the second half of the run faster than the first half of the run

Week 11:
Week of September 4

Run 1

Easy, ease back from your rest day
5 miles

Run 2

Try to do this run the day after Run 1. You are training your legs to run without a full recovery. This will be the run we will build on throughout the training program.

8 - 10 miles

5 - 6 miles

Run 3

After a rest day or third run in a row. Consider interval work out below.

5 miles

Run 4

Long Run (after a rest day)

14 - 16 miles (full marathon)

10 - 12 miles (half marathon)

Weekly total:

28 - 34

AARC Interval workout: Reverse Ladder (3200, 1600, 1200, 800, 400) w/ 2min Rest

Spice up your workouts:

Run the last three miles at a faster pace.

Week 12:
Week of September 11

Run 1

Easy, ease back from your rest day
5 miles

Run 2

Try to do this run the day after Run 1. You are training your legs to run without a full recovery. This will be the run we will build on throughout the training program.

6 - 8 miles
5 - 6 miles

Run 3

After a rest day or third run in a row. Consider interval work out below.
5 miles

Run 4

Long Run (after a rest day)
12 - 14 miles (full marathon)
8 - 10 miles (half marathon)

Weekly total:
23 - 30

ARRC Interval workout: 2 sets of 400 pyramids 90 R 2 x (400m @ T, 30 R, 400m @ 10k, 45 R, 400m @ 5k, 60 R, 400m all out, 60 R, 400m @ 5k, 45 R, 400m @ 10k, 30 R, 400m @ T)

Spice up your workouts:

Alternate every 2 miles pick up the pace, then slow down the pace

Race to consider:

Herndon Half, Saturday, September 17
HerndonHalf.com

Week 13:**Week of September 18**

Run 1

Easy, ease back from your rest day

5 miles

Run 2

Try to do this run the day after Run 1. You are training your legs to run without a full recovery. This will be the run we will build on throughout the training program.

5 miles

Run 3

After a rest day or third run in a row. Consider interval workout below.

5 miles

Run 4

Long Run (after a rest day)

10 miles (full marathon)

6 - 8 miles (half marathon)

Weekly total:

21 - 25

AARC Interval workout: Timed Mile (run a mile and time yourself, your goal is to maintain a pace that is 90 seconds faster than your goal pace) Rest for 2 minutes, then run 4 x 400m at threshold with a 90 second rest between each one.

Spice up your workouts:

Add in a tempo pace: meaning warm up at normal pace for 1.5 miles, run next mile or two faster than normal, cool down for 1.5 miles.

Races to consider:

Diva Half Marathon: Saturday, September 24

Week 14 (just before race day):
Week of September 25

Run 1

Easy, ease back from your rest day
3 - 5 miles

Run 2

4 miles easy, consider leaving your watch at home! Visualize the race course.

Run 3

Rest or 3 miles easy. Consider interval workout below.

Run 4

Expo shopping, 2 – 3 mile shake out run or easy walk around the hotel

Weekly total:

12 - 15

AARC Interval workout:

Cross Train: 30 – 40 minutes or nice and easy 3 – 4 mile run

Race Weekend

Friday, September 29 Travel/expo

Saturday, September 30: Race day