

TEAM BOOMER

GENERAL OVERVIEW

2011 ADVANCED NEW YORK MARATHON TRAINING PROGRAM

(see weekly emailed schedules for a more detailed account of paces/efforts for each training session)

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	Cross Training day	Hill repeat sessions commence week 1 /6	Low intensity aerobic running days.	marathon paced run 5-7 miles	Low intensity aerobic run	cross training day. 40-60 mins bike, elliptical etc.	10-15
2	Cross Training day	Hill repeat session week 2 /6	Low intensity aerobic running days	marathon paced run 5-7 miles	Low intensity aerobic run	cross training day. 40-60 mins bike, elliptical etc.	12-17
3	Cross Training day	Hill repeat session week 3 /6	Low intensity aerobic running days	marathon paced run 6-8 miles	Low intensity aerobic run	Kenyan style progression run	10-15
4	Cross Training day	Hill repeat session Week 4/6	Low intensity aerobic running days	marathon paced run 6-10 miles	Low intensity aerobic run	Kenyan style progression run	14=18
5	Cross Training day	Hill repeat session week 5/6	Low intensity aerobic running days	marathon paced run 5-8 miles	Low intensity aerobic run	cross training day. 45-60 mins bike, elliptical etc	16=20
6	Cross Training day	Hill repeat session week 6/6	Low intensity aerobic running days	marathon paced run 5-8 miles	Low intensity aerobic run	cross training day. 45-60 mins bike, elliptical etc	12-15
7	Cross Training day	Track or tempo run Marathon – 5k paced work/intervals	Low intensity aerobic running days	marathon paced run 7-10 miles	Low intensity aerobic run	Kenyan progression run or pre race workout	18-21
8	Cross Training day	Track or tempo run Marathon – 5k paced work/intervals	Low intensity aerobic running days	marathon paced run 7-10 miles	Low intensity aerobic run	Kenyan progression run	10-12
9	Cross Training day	Track or tempo run Marathon – 5k paced work/intervals	Low intensity aerobic running days	marathon paced run 7-10 miles	Low intensity aerobic run	cross training day. 45-60 mins bike, elliptical etc	18-22
10	Cross Training day	Track or tempo run Marathon – 5k paced work/intervals	Low intensity aerobic running days	marathon paced run 5-8 miles	Low intensity aerobic run	Kenyan style progression run (not if racing tomorrow)	12-14
11	Cross Training day	Marathon race set up workout.	Low intensity aerobic running days	Relaxed short distance run	Low intensity aerobic run	cross training day. 45-60 mins bike, elliptical etc	8-10
12	Off	Marathon race set up workout.	Easy relaxed distance run	Marathon race set up workout.	Off relax stretch	Pre race workout of warm up, strides, cooldown	NYM 26.2