

# TEAM BOOMER

## GENERAL OVERVIEW

### 2011 NOVICE-INTERMEDIATE

### 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
<b>1</b>	Off	marathon paced short run 1-4 depending upon level	Low intensity aerobic short distance running days.	marathon paced short run 1-4 depending upon level	Low intensity aerobic short distance running days.	cross training day. 20-35 mins bike, elliptical etc.	4-8
<b>2</b>	Off	marathon paced short run 1-4 depending upon level	Low intensity aerobic short distance running days.	marathon paced short run 1-4 depending upon level	Low intensity aerobic short distance running days.	cross training day. 20-35 mins bike, elliptical etc.	5-10
<b>3</b>	Off	marathon paced short run 2-5 depending upon level	Low intensity aerobic short distance running days. Increase 1 mile	marathon paced short run 2-5 depending upon level	Low intensity aerobic short distance running days. Increase 1 mile	cross training day. 20-35 mins bike, elliptical etc.	6-12
<b>4</b>	Off	marathon paced short run 2-5 depending upon level	Low intensity aerobic short distance running days. + 1 mile	marathon paced short run 2-5 depending upon level	Low intensity aerobic short distance running days. + 1 mile	cross training day. 20-35 mins bike, elliptical etc.	5-10
<b>5</b>	Off	Hill repeat sessions commence week 1 /6	Low intensity aerobic short distance running days. As per last week	marathon paced short run 2-5 depending upon level	Low intensity aerobic short distance running days. as per last week	cross training day. 20-35 mins bike, elliptical etc.	7-13
<b>6</b>	Off	Hill repeat sessions commence week 2 /6	Low intensity aerobic short distance running days. + 1 mile	marathon paced short run 2-5 depending upon level	Low intensity aerobic short distance running days. + 1 mile	cross training day. 20-35 mins bike, elliptical etc.	8-14
<b>7</b>	Off	Hill repeat sessions commence week 3 /6	Low intensity aerobic short distance running days. As per last week	marathon paced short run 3-5 depending upon level	Low intensity aerobic short distance running days. As per last week	cross training day. 30-40 mins bike, elliptical etc	10-16
<b>8</b>	Off	Hill repeat sessions commence week 4 /6	Low intensity aerobic short distance running days. As per last week	marathon paced short run 4-6 depending upon level	Low intensity aerobic short distance running days. As per last week	cross training day. 30-40 mins bike, elliptical etc	12-18
<b>9</b>	Off	Hill repeat sessions commence week 5 /6	Low intensity aerobic short distance running days. + 1 mile	marathon paced short run 4-6 depending upon level	Low intensity aerobic short distance running days. + 1 mile	cross training day. 35-45 mins bike, elliptical etc	4-20

<b>10</b>	Off	Hill repeat sessions commence week 6 /6	Low intensity aerobic short distance running days. As per last week	marathon paced short run 4-6 depending upon level	Low intensity aerobic short distance running days. As per last week	cross training day. 35-45 mins bike, elliptical etc	11-15
<b>11</b>	Off	5K tempo session	Low intensity aerobic short distance running days. As per last week	marathon paced short run 5-7 depending upon level	Low intensity aerobic short distance running days. As per last week	cross training day. 35-45 mins bike, elliptical etc	16-20
<b>12</b>	Off	5K tempo session	Low intensity aerobic short distance running days. As per last week	marathon paced short run 5-7 depending upon level	Low intensity aerobic short distance running days. As per last week	cross training day. 40-50 mins bike, elliptical etc	18
<b>13</b>	Off	5K tempo session	Low intensity aerobic short distance running days. As per last week	marathon paced short run 5-7 depending upon level	Low intensity aerobic short distance running days. As per last week	cross training day. 40-50 mins bike, elliptical etc	18-20
<b>14</b>	Off	5K tempo session	Low intensity aerobic short distance running days. As per last week	marathon paced short run 5-7 depending upon level	Low intensity aerobic short distance running days. As per last week	cross training day. 40-50 mins bike, elliptical etc	10-14
<b>15</b>	Off	Easy shot run	Low intensity aerobic short distance running days. As per last week	marathon paced short run 5-7 depending upon level	Low intensity aerobic short distance running days. As per last week	cross training day. 40-50 mins bike, elliptical etc	5-8
<b>16</b>	Off	Marathon prep workout	Off relax and stretch	marathon paced short run 2-3 depending upon level	Short light 20 min Cross train	1 mile warm up 8 accelerations at marathon pace, half mile jog	NYM day 26.2 !!