

## PaceWheel™ Marathon Novice 18-week Training Calendar

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	30 - 50' A	30 - 50' A	30 - 50' A	30 - 50' A	30 - 50' A	30 - 50' A	30 - 50' A
2	30 - 50' A	30 - 50' A	30 - 50' A	30 - 50' A	30 - 50' A	30 - 50' A	30 - 50' A
3	30 - 50' A	30 - 50' A	30 - 50' A	30 - 50' A	30 - 50' A	30 - 50' A	30 - 50' A
4	30 - 50' A	30 - 60' A plus 4-6 100m pickups	30 - 60' A	30 - 60' A	30 - 60' A plus 4-6 100m pickups	30 - 60' A	1.5 - 2.5 hours A
5	30 - 50' A	30 - 60' A plus 4-6 100m pickups	30 - 60' A	30 - 60' A	30 - 60' A plus 4-6 100m pickups	30 - 60' A	1.5 - 2.5 hours A
6	30 - 50' A	30 - 60' A plus 4-6 100m pickups	30 - 60' A	30 - 60' A	30 - 60' A plus 4-6 100m pickups	30 - 60' A	1.5 - 2.5 hours A
7	30 - 50' A	40 - 60' A plus 4-6 100m pickups	20 - 30' LT	40 - 60' A	40 - 60' A plus 4-6 100m pickups	40 - 60' A	1.5 - 2.5 hours A
8	30 - 50' A	40 - 60' A plus 4-6 100m pickups	3 x 15' LT (with 1:00 rest)	40 - 60' A	40 - 60' A plus 4-6 100m pickups	40 - 60' A	1.5 - 2.5 hours A
9	30 - 50' A	40 - 60' A plus 4-6 100m pickups	30' LT	40 - 60' A	40 - 60' A plus 4-6 100m pickups	40 - 60' A	A.M.: 60 - 75' A P.M.: 60 - 75' A
10	30 - 50' A	40 - 60' A plus 4-6 100m pickups	3 x 15' LT (with 1:00 rest)	40 - 60' A	40 - 60' A plus 4-6 100m pickups	40 - 60' A	1.5 - 2.5 hours A
11	30 - 50' A	40 - 60' A plus 4-6 100m pickups	30' LT	40 - 60' A	40 - 60' A plus 4-6 100m pickups	40 - 60' A	1.5 - 2.5 hours A
12	30 - 50' A	40 - 60' A plus 4-6 100m pickups	3 x 15' LT (with 1:00 rest)	40 - 60' A	40 - 60' A plus 4-6 100m pickups	40 - 60' A	1.5 - 2.5 hours MP (max 12 miles)
13	30 - 50' A	40 - 60' A plus 4-6 100m pickups	3 x 6' LT + 1:00 rest 60' A 3 x 6' LT + 1:00 rest	40 - 60' A	40 - 60' A plus 4-6 100m pickups	40 - 50' A	2 x 10' LT 60 - 90' A
14	30 - 50' A	40 - 60' A plus 4-6 100m pickups	2.5 hours MP (max 15 miles) *****	40 - 60' A	40 - 60' A plus 4-6 100m pickups	40 - 50' A	2 x 10' LT 60 - 90' A
15	30 - 50' A	40 - 60' A plus 4-6 100m pickups	2.5 hours A (max 18 miles)	30 - 45' A	40 - 60' A plus 4-6 100m pickups	40 - 50' A	2 x 10' LT 60 - 90' A
16	30 - 50' A	40 - 60' A plus 4-6 100m pickups	3 x 6' LT + 1:00 rest 60' A 3 x 6' LT + 1:00 rest	40 - 60' A	40 - 60' A plus 4-6 100m pickups	40 - 50' A	2 x 10' LT 60 - 90' A
17	30 - 45' A	40 - 60' A plus 4-6 100m pickups	2 hours MP (max 12 miles)	30 - 45' A	30 - 45' A plus 4-6 100m pickups	30 - 45' A	2 miles A 2 -3 x 10' LT
18	30 - 45' A	30 - 45' A plus 4-6 100m pickups	A.M.: 60 - 75' A P.M.: 60 - 75' A	30 - 45' A	30 - 45' A plus 4-6 100m pickups	30 - 45' A	Race

\*\*\*\* At week 14, if you are unable to complete 2.5 hours or the 15 miles by running continuously during this workout, you should re-evaluate your plan to race a marathon at the end of week 18. You might choose to run the half-marathon on your chosen date and select another marathon 12 weeks out from your original date, and then start at week 7 using your new starting point based on your half-marathon finish time.

A=Aerobic Base Training

MP=Marathon Race Pace

LT=Lactate Threshold Development

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