



MARATHON TRAINING SET A NEW PR

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE	RUN	RUN	NTC WORKOUT	RUN	RUN	RUN	DAY OFF
25 miles	4 miles It's your first run of training. Go crush 4 miles to kick it off right.	5 miles Why not one more run? Head out for 5 more miles today.	30 minutes Not every day is a run day. Shape up with Nike Training Club's Get Toned Beginner Shape + Sculpt	6 miles Treat yourself to another 6 miles and be sure to stretch after.	4 miles Start getting used to logging miles. Go after 4 more miles today.	6 miles Keep a good thing going and unleash on 6 miles.	Rest Proper rest is essential to keep you fueled for the long haul.
1							
TOTAL MILEAGE	RUN	NTC WORKOUT	RUN	RUN	DAY OFF	LONG RUN	RUN
31 miles	6 miles After all that rest, head out and conquer a 6 mile.	15 minutes Get your blood pumping with 15 minutes of Shelly Ann Fraser Pryce workout.	5 miles With this program, it's important to build your base. Take on 5 miles then stretch.	7 miles Back to running. Ease into it today, just 7 miles.	Rest And rest it out. But don't be shy about stretching or staying active.	9 miles Now's the time to knock 9 miles out of the park.	4 miles 4 more miles to say farewell to the weekend.
2							
TOTAL MILEAGE	RUN	NTC WORKOUT	RUN	WORKOUT	RUN	LONG RUN	DAY OFF
38.5 miles	4.5 miles Take stride to the next level. Log a 4 mile run, then do 8 x 100m Strides after.	45 minutes Get energized! NTC Get Toned Beginner Energizer.	8 miles These 8 miles are just waiting to get crushed.	7-mile Tempo Tempo time: 2 miles at an easy pace, then 3 miles at Marathon pace. Finish with a nice and easy 2 mile cool down.	8 miles 8 more miles will give you the perfect weekend warm up.	11 miles Go long. Conquer 11 miles like they were no big deal.	Rest Rest and let your body appreciate how far you've come.
3							
TOTAL MILEAGE	SPEED	RUN	DAY OFF	WORKOUT	RUN	LONG RUN	RUN
42 miles	5 miles You've got the need for speed: Start with a 1.5 mile warm up, then run 8 x 200m with a 200m recovery run at a 5K pace between each rep. Finish the workout with an 1.5 mile cool down.	7 miles 7 miles to start, then take some time with NTC Workout Shelley Ann Fraser Pryce	Rest Rest up and get ready to be back at it tomorrow.	7-mile Tempo Time for tempo: Do a 1.5 mile warm up, run 3 miles at half marathon pace, take a 3 minute break, then knock out 1 mile at half marathon pace. Finish it up with a 1.5 mile cool down.	7 miles Rise up and crush this 7 miler	12 miles Go long: It's time to take on 12 miles...and win.	4 miles A 4 mile Sunday is the perfect way to cap off the week.
4							
TOTAL MILEAGE	SPEED	RUN	RUN	WORKOUT	DAY OFF	LONG RUN	NTC WORKOUT
42.75 miles	6.75 miles You've got the need for speed: Start with a 1.5 mile warm up, then Run 3 x 1 mile, allowing yourself 400m Recovery at 10K pace between reps. Finish it up with A 1.5 mile cool down.	8 miles Keep it going. Run 8 miles today.	6 miles Say hello to some hills on this run. Run 3 miles up and 3 miles down: 6 miles total.	7-mile Tempo Time for tempo: Start with a 1.5 mile warm up, then run 4 miles at half marathon pace, finish off the workout with a 1.5 mile cool down.	Rest Enjoy your rest day. You definitely earned it!	15 miles Go long: 15 miles at an easy pace are a perfect welcome to the weekend.	45 minutes Get stronger! NTC Advance Get Strong Endurance Master
5							

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE	RUN	SPEED	RUN	RUN	RUN	RUN	DAY OFF
30.7 miles 6	8 miles Go for 8 miles today to motivate the rest of your week.	4.5 miles You've got the need for speed: Start with a 1.5 mile warm up, then do 6 x 400m at 5k pace with 2 minute rest periods between each rep. Finish it off with a 1.5 mile cool down.	5 miles 5 miles is the only thing between you and tomorrow.	5 miles Fire it up with 5 easy miles then get stronger with NTC Sydney Leroux Workout	3 miles Keep it in stride. Run 3 miles, then do 5 x 100m strides at race pace. Remember to do your strides on a straight, flat surface.	6.2 miles Stir those competitive juices by joining a local 5k or 10k race. If you can't find one, run 6 miles at your race day pace.	Rest There's no shame in a little Sunday rest. Repair and get ready for tomorrow.
TOTAL MILEAGE	RUN	HILLS	RUN	WORKOUT	NTC WORKOUT	LONG RUN	DAY OFF
40 miles 7	8 miles Today's menu consists of 8 miles on the easy side. Order up!	3 miles Conquer the hills: Start with a 1.5 mile warm up, followed by 10 x 30-second runs up a gradual hill, jogging downhill to recover. Finish the workout with a simple, 1.5 mile cool down.	6 miles This 6 miler should feel easy after yesterday's hills.	8-mile Tempo Tempo Time: Start with a 1.5 mile warm up, then tackle 3 miles at half marathon pace. Take a 3 minute rest, then crush 2 miles at half marathon pace. Finish with a 1.5 mile cool down. It's all you.	15 minute Take yourself out for some yoga, then take on the NTC Serena Williams Workout.	15 miles Go Long: Give these next 15 miles everything you've got.	Rest A little rest should help make it all feel worth it.
TOTAL MILEAGE	SPEED	RUN	RUN	DAY OFF	RUN	LONG RUN	DAY OFF
43.75 miles 8	6.75 miles You've got the need for speed: Start with a 1.5 mile warm up, then run 5 x 800m at 5k pace with a 400m recovery jog between each rep. Run 1.5 miles to cool down.	6 miles Start with a 6 miler then take on an NTC Back Definer Workout	9 miles Get over the hump on hump day with a 9 mile run.	Rest A little rest should help make it all feel worth it.	7 miles Your old friend, the 7 miler.	15 miles Go long: Log 4 miles at an easy pace, then tackle 7 miles at marathon pace. Complete the Workout with 4 easy miles.	Rest Give your body what it's craving...rest!
TOTAL MILEAGE	RUN	SPEED	RUN	DAY OFF	RUN	LONG RUN	DAY OFF
38.5 miles 9	8 miles Start the week off with a nice, easy 8 mile run.	3.5 miles You've got the need for speed: Hit the track and log a 1.5 mile warm up, then Run 8 x 200m with 200m Recovery between each rep. Start the workout off at a 5K pace and try to shave seconds off your time during each rep.	6 miles Treat yourself to a strong 6 miler then finish your day with NTC Advance Get Toned Jump Around	Rest Your legs have been working overtime. Give 'em a rest.	3 miles Take it in stride: Start off with a 1.5 mile warm up, then take on 4 x 200m strides at race pace. Cool down with another 1.5 miles. Tackle these at a track or on grass, if possible.	18 miles Go long: put on an 18 mile street clinic today	Rest If there was every a day you deserved rest...it's today. Heal up after your tough run!
TOTAL MILEAGE	RUN	RUN	RUN	NTC WORKOUT	RUN	LONG RUN	DAY OFF
40 miles 10	6 miles 6 miles is nothing new to you. Crush it!	7 miles Keep it going. 7 miles strong.	5 miles What's this? More miles! 5 miles today. You're welcome.	30 minutes Time to set the tone! NTC: Get Toned Beginner Body Flexor	7 miles 7 miles today. Do it up right!	15 miles Go long: Time to own these next 15 miles.	Rest Today's your Rest. Enjoy it so you can come back strong tomorrow.



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WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE 53 miles 11	RUN 7 miles These 7 miles has your name on it.	SPEED 5 miles Start with an NTC Get Lean Advance Shakedown then go log some speed: Start with a 1.5 mile warm up, do 8 x 200m with a 200m recovery jog between each set. Start the workout at a 5K effort and working down, shaving seconds off with every rep. Finish the workout with a 1.5 mile cool down.	RUN 6 miles 6 miles is calling your name. Answer the call.	RUN 8 miles Knock this 8 miler out. Kapow!	WORKOUT 9-mile Tempo Tempo time: Start with a 1.5 mile warm up, then do 6 miles of alternating 800m at half marathon pace and 800m at a steady pace in between your distance run and marathon pace. Do a 1.5 mile cool down.	DAY OFF Rest Just because it's Saturday doesn't mean you can't take a rest.	LONG RUN 18 miles Go long: Things are Getting serious. 18 miles is no joke.
TOTAL MILEAGE 45 miles 12	RUN 5 miles This is the start of 3-straight days of miles. Get ready for it. Today, just 5 miles.	RUN 9 miles Let's bump it up a little and go for 9 miles today.	RUN 6 miles Finish off strong! Just 6 miles today. You can do it!	DAY OFF Rest Your legs have been working overtime. Give them a rest.	RUN 5 miles 5 miles today. Get after it.	LONG RUN 20 miles Go long: Kick today's Run off with 5 miles at an easy pace, then dial it up to 10 miles at Marathon pace, and then slow it back down to 5 miles, easy. Prove you made it, by sharing your Nike+ Run with Instagram and Twitter.	DAY OFF Rest Breathe a deep breathe and embrace the ache! Rest today because training's back at it tomorrow.
TOTAL MILEAGE 44 miles 13	RUN 5 miles 5 miles today...For old times' sake.	HILLS 6 miles Tackle a few hills today: 3 up hill, 3 down hill. 6 miles total.	RUN 7 miles No slacking. Make sure you run your 7 miles today.	RUN 5 miles Give me a two-fer! 5 miles then challenger yourself with NTC Get Toned Intermediate Circuit Challenge	WORKOUT 7-mile Tempo Tempo time: Start with a 1.5 mile warm up, take on 4 miles at Half Marathon pace. Finish with a 1.5 mile cool down.	DAY OFF Rest Rest today. Next week focuses on tapering into race day.	LONG RUN 14 miles Go long: you know you're almost there when your long runs are getting shorter! 14 miles.
TOTAL MILEAGE 36 miles 14	RUN 5 miles Reward your long run with an easy 5 miler today.	SPEED 7 miles You've got the need for speed: Start with a 1.5 mile warm up, Run 4 x 1 mile at Half Marathon pace, slow it down to a 10K pace with 600m. Recovery jog between each rep. Finish strong with a 1.5 mile cool down.	NTC WORKOUT 30 minutes Get defined! NTC Get Strong Beginner Muscle Definer	RUN 6 miles 6 miles today. You're in the homestretch.	DAY OFF Rest Rest up. You've gotta stay fresh for your final week of training.	LONG RUN 12 miles Go long: one final long run before race day. Crush 12 miles today.	RUN 6 miles Race week is finally here. Celebrate with a strong 6 miles
TOTAL MILEAGE 38.7 miles 15	RUN 6 miles Another day closer to race day. Take 6 miles and think about the journey.	RUN 5 miles Your final 5 miler of training. You're strong. You're ready. Get after it!	NTC WORKOUT 15 minutes One last workout with Gabby! NTC Gabby Douglas Perfect Alignment Workout	DAY OFF Rest It's only the middle of the week, but believe us...you need this rest for race day.	DAY OFF Rest Final rest day. Relax and eat healthy. It's all gonna matter in just a few days.	RUN 1.5 miles You're nervous, but that's alright. Burn some anxiety with a 1.5 mile easy run. Finish up with 6 x 100m strides on grass to stay loose for the big day.	RUN 26.2 miles You owned this training, now go out there and own those 26.2!