



MARATHON TRAINING FINISH A RACE

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE	RUN	NTC WORKOUT	RUN	NTC WORKOUT	RUN	DAY OFF	DAY OFF
9 miles	3 miles Run 1 Mile. It's your first run of training. Ease into the regimen.	30 minutes Shape up! NTC Get Toned Beginner Shape + Sculpt.	3 miles Back to running. Take on this 3 miler and Get back into it.	30 minutes Time to tone! NTC 30 minute Beginner Get Toned Body Flexor.	3 miles Treat yourself to another 3 miles and be sure to stretch after.	Rest Proper rest is essential to keep you fueled for the long haul.	Rest Take another rest day...we've got a lot more to do together.
1							
TOTAL MILEAGE	RUN	NTC WORKOUT	RUN	NTC WORKOUT	RUN	DAY OFF	DAY OFF
11 miles	4 miles Tackle a week with a 4 mile run. Nice and easy.	15 minutes Get your blood pumping with the Shelly Ann Fraser Pryce.	3 miles Marathon training is all about building your base. Take on 3 Miles then stretch.	30 minutes Time to Get leaner and meaner! NTC 30 minute Beginner Get Lean Fighter Fit.	4 miles 4 miles are all that is between you and the weekend. Get after it.	Rest Rest up. You'll need the energy to power through your training.	Rest And repeat. Resting is essential to letting your muscles Get stronger.
2							
TOTAL MILEAGE	RUN	NTC WORKOUT	RUN	NTC WORKOUT	RUN	DAY OFF	DAY OFF
15 miles	5 miles Greet the beginning of the week with an easy 5 miler.	45 minutes It's all you! NTC Get Toned Beginner Energizer.	4 miles Back to running. Take it easy today, just 4 miles.	45 minutes Put a sting in your step! NTC Get Toned Intermediate Stinger.	6 miles Another week down after these 6 miles. Go easy but remember to stay focused.	Rest Another week down after these 6 miles. Go easy but remember to stay focused.	Rest Another day of rest. You will appreciate these real soon.
3							
TOTAL MILEAGE	SPEED	NTC WORKOUT	RUN	NTC WORKOUT	RUN	DAY OFF	DAY OFF
19 miles	7 miles Get ready to Get back at it. Kick you week of with 7 miles.	45 minutes Get lean with weight training! NTC Get Lean Beginner Hurricane.	5 miles Back to running. 5 miles. Remember...keep those eyes on the prize.	30 minutes What a rush! NTC Beginner Get Strong Total Adrenaline.	7 miles You're 7 miles away from a well deserved couple of rest days.	Rest Rest and let your body appreciate how far you've come.	Rest Rest up and Get ready to Get back at it tomorrow.
4							
TOTAL MILEAGE	RUN	NTC WORKOUT	WORKOUT	NTC WORKOUT	NTC WORKOUT	LONG RUN	DAY OFF
20 miles	8 miles Time to take it up another mile. Run 8 miles and call it a day.	30 minutes The perfect score! NTC Intermediate Get Strong Perfect Score program.	4-mile Tempo Tempo time! 4 miles total: warm up Mile 1, tempo pace Miles 2 & 3, cool down Mile 4.	45 minutes Master the marathon! NTC Advance Get Strong Endurance Master Program	15 minutes Perfect way to start the weekend! NTC Gabby Douglas Perfect Alignment Workout.	8 miles Same as Monday. Go 8 miles and then enjoy your rest day!	Rest Enjoy your Rest. You definitely earned it!
5							

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE	RUN	NTC WORKOUT	DAY OFF	NTC WORKOUT	RUN	LONG RUN	DAY OFF
22 miles 6	7 miles It should start to feel a little easier already. 7 miles to run today.	45 minutes Time to power up! NTC 30 minute Advance Get Strong Power Up and NTC Sydney Leroux Workout.	Rest There's no shame in a little midweek rest. Repair and Get ready for tomorrow.	45 minutes Impact and advance! NTC 45 minute Advance Get Toned Total Impact.	5 miles Get back at it with 5 miles today.	10 miles It's gonna be a little longer than you're used to, but you're ready. 10 miles. Go Get it!	Rest A little rest should help make it all feel worth it.
TOTAL MILEAGE	RUN	NTC WORKOUT	WORKOUT	NTC WORKOUT	NTC WORKOUT	LONG RUN	DAY OFF
25 miles 7	7 miles Give the week a little "how do you do?". 7 miles to start it off.	30 minutes Score! NTC Intermediate 30 minute Get Strong Perfect Score.	6-mile Tempo Take a tempo run. 6 miles total: 1 mile warm up, 4 miles tempo pace and 1 mile cool down.	45 minutes Strength is surging through you! NTC 45 minute Beginner Get Lean Cardio Surge	15 minutes Work out some of those kinks. Stretch it out with Kara Goucher's Pro Running Stretches	12 miles It's going to be a long one today. 12 miles at 1-2 minutes slower than race pace.	Rest Yesterday's long run earned you this rest today.
TOTAL MILEAGE	RUN	NTC WORKOUT	HILLS	NTC WORKOUT	RUN	LONG RUN	DAY OFF
25.6 miles 8	5 miles Say hello to the week with an easy 5 miler.	30 minutes So strong, so sharp! NTC 30 minute Advance Get Lean Razor Sharp program.	1.6 miles Head for a hill! 1 mile warm up then 100M sprints up hill x 10. Jog/walk down	45 minutes Super Toned! NTC 45 minute Advance Get Toned Super Fusion.	5 miles Time to Get after 5 miles, nothing you haven't seen before.	14 miles Conquer some major miles and earn tomorrow's rest day. 14 miles. GO!	Rest It must feel good to work so hard! Take a rest and know you're crushing it.
TOTAL MILEAGE	RUN	NTC WORKOUT	HILLS	NTC WORKOUT	NTC WORKOUT	LONG RUN	DAY OFF
28 miles 9	6 miles Take it easy with smooth 6 miler today	30 minutes Jump around! NTC Get Toned Advance Jump Around	6 miles Get out and explore some hills. 3 miles uphill and 3 miles down.	45 minutes Conquer and endure! NTC Get Strong Advanced Endurance Master	15 minutes Perfect way to start the weekend! NTC Gabby Douglas Perfect Alignment Workout.	16 miles You know what you came here to do...crush 9 long miles! Then stretch.	Rest Your body needs this rest day. It earned it.
TOTAL MILEAGE	RUN	NTC WORKOUT	WORKOUT	DAY OFF	NTC WORKOUT	LONG RUN	DAY OFF
34 miles 10	7 miles Get after 7 miles today. Mix up the pace to keep things fresh.	30 minutes Switch it up a bit today. Hit up a spin or yoga class.	9-mile Tempo Tempo is on today's agenda, 9 miles total. 1 mile warm up, 7 miles tempo, 1 mile cool down.	Rest Give your body what it's craving...rest!	15 minutes Another perfect way to start the weekend! NTC Gabby Douglas Perfect Alignment Workout.	18 miles You've got a 16 miler today. If these long runs are too tough, try breaking them up into two.	Rest If there was every a day you deserved rest...it's today. Heal up after your tough run!

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE	RUN	HILLS	RUN	NTC WORKOUT	NTC WORKOUT	LONG RUN	DAY OFF
31 miles 11	5 miles Run 5 miles somewhere you never have before to keep it fresh.	3 miles Back to the hills! 1 mile warm up, 8X200m up hill sprints, topped off with a 1 mile cool down.	8 miles You've been going hard. Take it easy on your 8 mile run today.	30 minutes Shake it out! NTC Get Lean Advance Shakedown.	15 minutes Keep it loose! Stretch it out with Kara Goucher's Pro Running Stretches.	15 miles Easy week so far. Finish strong with a 15 mile run.	Rest Your legs have been working overtime. Give them a rest.
TOTAL MILEAGE	NTC WORKOUT	RUN	NTC WORKOUT	RUN	NTC WORKOUT	LONG RUN	DAY OFF
32 miles 12	15 minutes Stretch it out with Kara Goucher's Pro Running Stretches.	7 miles Cruise at a comfortable pace for this 7 mile run.	45 minutes Get buff! NTC Get Toned Intermediate Body Buffer.	5 miles Perfect your form on these 5 miles...your long run's coming up.	15 minutes Absolutely perfect way to start the weekend! NTC Gabby Douglas Perfect Alignment Workout.	20 miles 20 miles. Your longest run of training! Stay focused and ready to unleash all your training. Prove you made it and share your Nike+ Run on Instagram and Twitter.	Rest This is your day to celebrate with a rest day. It's all going to Get easier till race day.
TOTAL MILEAGE	RUN	NTC WORKOUT	WORKOUT	NTC WORKOUT	RUN	LONG RUN	DAY OFF
35 miles 13	8 miles Beautiful new week calls for 8 wonderful miles.	45 minutes Put some sting in your step! NTC Get Toned Intermediate Stinger.	7-mile Tempo Last tempo run, so push yourself. 8 miles total with a 1 mile warm up, 7 miles tempo, 1 mile cool down.	15 minutes Stretch it out with Kara Goucher's Pro Running Stretches.	5 miles It's light on mileage, but a great chance to stay loose. 5 miles.	15 miles Not as nasty as last week, but still mean. 15 miles. Crush it!	Rest Today's your Rest. Enjoy it so you can come back strong tomorrow.
TOTAL MILEAGE	RUN	NTC WORKOUT	RUN	NTC WORKOUT	NTC WORKOUT	LONG RUN	DAY OFF
22 miles 14	6 miles Greet the new week with an 8 mile run.	30 minutes Start strong, finish stronger! NTC Get Lean Beginner Jump Start.	4 miles Race day is approaching. Crank out another 4 miler.	30 minutes Define your race day! NTC Get Strong Beginner Muscle Definer.	15 minutes Last day with Gabby! NTC Gabby Douglas Perfect Alignment Workout.	12 miles Training is an art form. Your race is your masterpiece. Get inspired on today's 12 miles.	Rest Rest today. Next week focuses on tapering into race day.
TOTAL MILEAGE	RUN	NTC WORKOUT	DAY OFF	DAY OFF	DAY OFF	RUN	RUN
36.2 miles 15	8 miles It's officially race week. Run 8 miles at an easy pace to kick it off right.	30 minutes Can you kick it...yes you can! NTC Get Toned Intermediate Kickin It.	Rest It's only the middle of the week, but believe us... you need the rest.	Rest Take another rest. Race day is going to take everything you have to run.	Rest Final rest day. Relax and eat healthy. It's all gonna matter in just a few days.	2 miles Tomorrow is race day. Clear your mind on a 2 mile shake out run.	26.2 miles Your training is behind you. The race course is ahead of you. #werunSF