

Plan A is ideal for:

Runners attempting their first marathon or veterans recovering from an injury or extended layoff.

Runners with limited time to train.

Runners who do better with more recovery time – for example, more mature runners, runners prone to injury, or runners who prefer paces slower than 10:30, etc.

Recommended base prior to beginning Plan A:

Consistently running 4 or more days a week, for at least 6 months

Comfortable running 8-10 mile long runs

Comfortable running hills and tempo runs

Cross Training

Adding strength training and/or cross training to your running routine can make a big difference in your overall fitness level and ability to fend off injuries. Low impact cross training such as swimming and cycling are good choices. A strength training workout that focuses on upper body, core, and hip strengthening is also a good choice. With strength training workouts, dial it back a little. A little soreness and fatigue the next day is okay, but you should not be so sore and tired that it significantly affects your run. If you are super pressed for time, or traveling, you can substitute the quick and easy BASIC 5 on occasions.

Tuesday Workout Run

Get comfortable being uncomfortable. Tuesday is the day to push yourself out of your comfort zone. Workouts will be released as the season progresses, so be sure to keep an eye on your email and the FB group.

Saturday Long Run

The Saturday long run is the key workout for the week. Take it slow enough, walking a bit if necessary, so that you aren't completely wiped out at the end of the run. You should feel tired, but not so tired that you just want to sit on the couch for the rest of the day.

Sunday Recovery Run

Get moving on Sunday to work out any stiffness or soreness from the Saturday long run. Ideally, this is a run or run-walk, but it's okay to occasionally substitute a hike with the family or other activity that gets your whole body moving.

Moving Days Around

Life happens. Sometimes you may need to move runs around. We recommend looking at your weekly schedule every Sunday evening, and planning into your week when you are going to do your runs. Consistency is the key factor to success in running. It is okay to move your weekday runs to other days within these rules:

Don't run more than three days in a row.

Keep a minimum of one day between a tempo run and a long run. (e.g. tempo on Thursday, long on Saturday)

It is okay to do one of the CP runs on the same day as a strength training workout. Either run, immediately followed by the strength workout, or separate your run and strength training by a minimum of 6-8 hours. Avoid doing a strength workout followed immediately by a run.

If you absolutely must drop a run for a week, drop the Sunday mileage. If you have further questions about what to do, please ask your coach.

Other Races

There are a number of fall races on the FSRC Calendar – Run for the Pie, Women's Distance Festival, and Market Street Mile. These races are built into the training plan automatically. If you choose not to race any of these, please speak to your coaches about how to adjust your weekend mileage.

Phase	Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly Mileage
Base	1	7/6-7/12	Rest or cross-training	5 miles CP + 5 strides	Rest or cross-training	4 miles CP	REST	10 miles CP	4 miles RR	23 miles
	2	7/13-7/19	Rest or cross-training	5 miles CP + 5 strides	Rest or cross-training	4 miles CP	REST	Run for the Pie 10K	11 miles CP	24 miles
	3	7/20-7/26	Rest or cross-training	6 miles CP + 5 strides	Rest or cross-training	5 miles CP	REST	12 miles CP	4 miles RR	27 miles

Phase	Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly Mileage
Build	4	7/27-8/2	Rest or cross-training	5 miles CP	Rest or cross-training	4 miles CP	REST	WDF 5K	9 miles CP	22 miles
	5	8/3-8/9	Rest or cross-training	6 miles [first workout]	Rest or cross-training	5 miles CP	REST	13 miles CP	4 miles RR	28 miles
	6	8/10-8/16	Rest or cross-training	6 miles [workout]	Rest or cross-training	5 miles CP	REST	15 miles CP	4 miles RR	30 miles
	7	8/17-8/23	Rest or cross-training	7 miles [workout]	Rest or cross-training	5 miles CP	REST	16 miles CP	4 miles RR	32 miles
	8	8/24-8/30	Rest or cross-training	7 miles [workout]	Rest or cross-training	5 miles CP	REST	17 miles CP	4 miles RR	33 miles
	9	8/31-9/6	Rest or cross-training	7 miles [workout]	Rest or cross-training	5 miles CP	REST	MSM	18 miles CP	34 miles
	10	9/7-9/13	Rest or cross-training	7 miles [workout]	Rest or cross-training	5 miles CP	REST	19 miles CP	4 miles RR	35 miles
11	9/14-9/20	Rest or cross-training	5 miles CP	Rest or cross-training	4 miles CP	REST	13 miles CP	4 miles RR	26 miles	

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Peak	12	9/21-9/27	Rest or cross-training	7 miles [workout]	Rest or cross-training	5 miles CP	REST	20 miles CP	4 miles RR	36 miles
	13	9/28-10/4	Rest or cross-training	6 miles [workout]	Rest or cross-training	5 miles CP	REST	14 miles CP	4 miles RR	29 miles
	14	10/5-10/11	Rest or cross-training	7 miles [workout]	Rest or cross-training	5 miles CP	REST	16 miles CP	4 miles RR	32 miles

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Taper	15	10/12-10/18	Rest	5 miles CP + 5 strides	Rest or cross-training	4 miles CP	REST	7 miles CP	4 miles RR	20 miles
	16	10/19-10/25	Rest	4 miles CP	Rest or cross-training	3 miles CP	REST	Rest or 3 miles shakout	RACE DAY	

CP = Conversational Pace
 CP should be your easy run pace - you should be able to carry on a full conversation while moving at this pace. If that means taking walk breaks, take them! 3-4/10 RPE.

Strides = short bursts of faster running
 Stride are done by feel - there is not a certain pace or goal you need to hit here. The important thing is to increase the effort and get your legs turning over. If you need a pace goal, think 5k pace, not an all out sprint.

RR = Recovery Run
 Extra easy run - effort of 2/10 RPE.