# Marathon Training Plan

Welcome to the Bend Marathon Training Plans. We have created 4 different plans for each distance that we offer on race day; Marathon, Half Marathon, 10km, and 5km. These plans are meant to offer you a starting point for your training so that you have the best chance of making it to the finish line on race day. These are basic beginner plans that should give you a good level of base fitness by the end of the program. These will be appropriate for beginners that need a training plan but will not have the time or capacity to join a training group or be able to commit to one that is more intense.
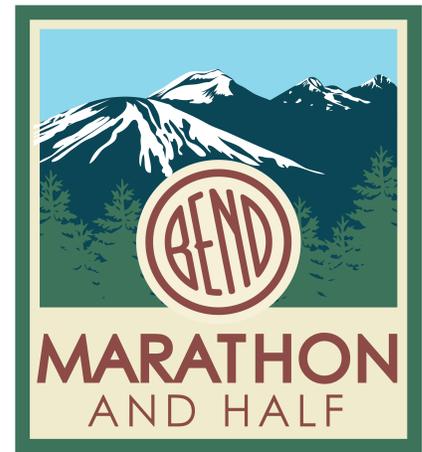
In order to help you complete the program below are some explanations that will help you understand what some of the workouts in the program call for. As you move through the weeks you'll have hard days(faster running or more mileage) and easy days (rest days and shorter slower runs). It's important that you truly take the easy running days easy. The pace should feel easy and you should be able to freely carry a conversation. And vice versa, the workout days should be a fast but sustainable pace and you'll be breathing hard at the end of each workout.

Rest: Rest means a day you take off of running or any major activity. You can still go on an easy walk or some other easy activity, but nothing that requires exertion. The focus of this day is recovery

Easy run: Running at your "all day" pace, or the pace you feel you can hold for a long time without straining. It should feel comfortable. You could easily hold a conversation the whole run.

Cross Train: Active recovery. Some sort of activity/exercise that you enjoy besides running (cycle, hike, spin, swim, elliptical, etc) at a comfortably hard pace for the indicated time period for that day

Tempo run: Continuous run at around 10-15 seconds slower than your goal race pace per mile. This should feel "hard" but comfortable and you should not be straining to run the pace.

Progression run: Continuous run where (after your warm up) you increase your speed during the run based on defined intervals (example: 4 mi progression run where you run each mile about 10 seconds faster than the previous mile)

Hill Workout: Run up and down hill at a defined percent hill grade. Can also be done on a treadmill by changing the treadmill incline. Don't over think it. Just make sure you are on an incline and the up feels hard.