



A Beginners Guide to Marathon Training

WEEK 1

Day	Date	Time	Workout	Notes
Monday		a.m.	4 miles very easy running	Good hydration
		p.m.		Great nutrition
Tuesday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Wednesday		a.m.	5 miles easy running plus 4x100m strides. Strides run at 85% effort. Be fully recovered going into each stride. Focus on good form.	Walk back for recovery and run strides in same direction/flat terrain.
		p.m.	youtube.com/watch?v=leZS646X44M	Strides demo
Thursday		a.m.	Easy 2 mile trail run - Pay no attention to watch	Recovery run
		p.m.	Rest	
Friday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Saturday		a.m.	6 mile easy running with friends	Nice relaxing run!
		p.m.	Rest	
Sunday		a.m.	Cross Train or Rest today	
		p.m.	Rest	

Total 17

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WEEK 2

Day	Date	Time	Workout	Notes
Monday		a.m.	4 miles very easy running	Good hydration
		p.m.		Great nutrition
Tuesday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Wednesday		a.m.	5 miles easy running plus 4x100m strides. Strides run at 85% effort. Be fully recovered going into each stride. Focus on good form	Walk back for recovery and run strides in same direction/flat terrain.
		p.m.	Rest	
Thursday		a.m.	Easy 2 mile trail run - Pay no attention to watch	Recovery run
		p.m.	Rest	
Friday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Saturday		a.m.	8 mile easy running with friends	Nice relaxing run!
		p.m.	Rest	
Sunday		a.m.	Cross Train or Rest today	
		p.m.	Rest	

Total 19

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WEEK 3

Day	Date	Time	Workout	Notes
Monday		a.m.	4 miles very easy running	Good hydration
		p.m.		Great nutrition
Tuesday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Wednesday		a.m.	5 miles easy running plus 4x100m strides. Strides run at 85% effort. Be fully recovered going into each stride. Focus on good form	Walk back for recovery and run strides in same direction/flat terrain.
		p.m.	Rest	
Thursday		a.m.	Easy 2 mile trail run - Pay no attention to watch	Recovery run
		p.m.	Rest	
Friday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Saturday		a.m.	10 mile total running - run the last 5 miles steady over hills. Let the up-hill running dictate the effort.	Water/Gel every 45 minutes
		p.m.	Rest	
Sunday		a.m.	Cross Train or Rest today	
		p.m.	Rest	

Total 21

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WEEK 4

Day	Date	Time	Workout	Notes
Monday		a.m.	5 miles very easy running	Good hydration
		p.m.	Rest Day	Great nutrition
Tuesday		a.m.	Cross Train or Rest today	Recovery
		p.m.	Rest	
Wednesday		a.m.	Easy 5 miles pace and 4x100m strides. Strides run at 85% effort. Be fully recovered going into each stride. Focus on good form.	Walk back for recovery and run strides in same direction/flat terrain.
		p.m.	Rest	
Thursday		a.m.	Easy 2 mile jog - pay no attention to pace	Hydrate
		p.m.	Rest-Get a great carb meal tonight!	
Friday		a.m.	Cross Train or Rest today	Great nutrition!
		p.m.	Rest	Great hydration!
Saturday		a.m.	12 mile easy run with friends Time on your feet - Take your time	Water/Gel every 45 minutes
		p.m.	Rest and relax	
Sunday		a.m.	Cross Train or Rest today	Relax today
		p.m.	Rest	

Total 24

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WEEK 5

Day	Date	Time	Workout	Notes
Monday		a.m.	5 miles very easy running	Good hydration
		p.m.		Great nutrition
Tuesday		a.m.	Cross Train or Rest today	
		p.m.		
Wednesday		a.m.	Easy 5 miles pace and 4x100m strides. Strides run at 85% effort. Be fully recovered going into each stride. Focus on good form.	Walk back for recovery and run strides in same direction/flat terrain.
		p.m.	Rest	
Thursday		a.m.	2 miles easy run on flat terrain.	Recovery run
		p.m.	Rest	
Friday		a.m.	Cross Train or Rest today	
		p.m.	Rest	Great nutrition tonight
Saturday		a.m.	11 mile total running - run the last 5 miles steady over hills. Let the up-hill running dictate the effort.	Water/Gel every 45 minutes
		p.m.	Rest	
Sunday		a.m.	Cross Train or Rest today	
		p.m.	Rest	

Total 23

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WEEK 6

Day	Date	Time	Workout	Notes
Monday		a.m.	5 miles very easy running	Good hydration
		p.m.	Rest	Good nutrition
Tuesday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Wednesday		a.m.	Easy 5 mile trail run plus 4 x100m strides at 80% effort	Walk back for recovery between strides. Always run strides in same direction/flat terrain!
		p.m.	Rest	
Thursday		a.m.	Easy 2 miles trail - pay no attention to the watch	Recovery
		p.m.	Rest	
Friday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Saturday		a.m.	13 mile easy run with friends Time on your feet - Take your time	Water/Gel every 45 minutes
		p.m.	Rest	
Sunday		a.m.	Cross Train or Rest today	
		p.m.	Rest	

Total 25

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WEEK 7

Day	Date	Time	Workout	Notes
Monday		a.m.	6 miles very easy running	Good hydration
		p.m.		Great nutrition
Tuesday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Wednesday		a.m.	6 miles easy running plus 4x100m strides. Strides run at 85% effort. Be fully recovered going into each stride. Focus on good form	Walk back for recovery and run strides in same direction/flat terrain.
		p.m.	Rest	
Thursday		a.m.	Easy 2 mile trail run - Pay no attention to watch	Recovery run
		p.m.	Rest	
Friday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Saturday		a.m.	14 mile easy to steady run with some running buddies!	Water/Gel every 45 minutes
		p.m.	Rest	
Sunday		a.m.	Cross Train or Rest today	
		p.m.	Rest	

Total 28

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A Beginners Guide to Marathon Training

WEEK 8

Day	Date	Time	Workout	Notes
Monday		a.m.	6 miles very easy running	Good hydration
		p.m.		Great nutrition
Tuesday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Wednesday		a.m.	6 miles easy running plus 4x100m strides. Strides run at 85% effort. Be fully recovered going into each stride. Focus on good form	Walk back for recovery and run strides in same direction/flat terrain.
		p.m.	Rest	
Thursday		a.m.	Easy 2 mile trail run - Pay no attention to watch	Recovery run
		p.m.	Rest	
Friday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Saturday		a.m.	14 mile run - pick up the pace to a steady run from mile 6 to mile 11 and then jog easy for the last 3 miles.	Water/Gel every 45 minutes
		p.m.	Rest	
Sunday		a.m.	Cross Train or Rest today	
		p.m.	Rest	

Total 28

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A Beginners Guide to Marathon Training

WEEK 9

Day	Date	Time	Workout	Notes
Monday		a.m.	5 miles very easy running	Good hydration
		p.m.		Great nutrition
Tuesday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Wednesday		a.m.	5 miles easy running plus 4x100m strides. Strides run at 85% effort. Be fully recovered going into each stride. Focus on good form	Walk back for recovery and run strides in same direction/flat terrain.
		p.m.	Rest	
Thursday		a.m.	Easy 2 mile trail run - Pay no attention to watch	Recovery run
		p.m.	Rest	
Friday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Saturday		a.m.	18-20 mile easy run Time on your feet - Take your time. Run with friends!	Water/Gel every 45 minutes
		p.m.	Rest	
Sunday		a.m.	Cross Train or Rest today	
		p.m.	Rest	

Total 30-32

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A Beginners Guide to Marathon Training

WEEK 10

Day	Date	Time	Workout	Notes
Monday		a.m.	5 miles very easy running	Good hydration
		p.m.		Great nutrition
Tuesday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Wednesday		a.m.	6 miles easy running plus 4x100m strides. Strides run at 85% effort. Be fully recovered going into each stride. Focus on good form	Walk back for recovery and run strides in same direction/flat terrain.
		p.m.	Rest	
Thursday		a.m.	Easy 3 mile trail run - Pay no attention to watch	Recovery run
		p.m.	Rest	
Friday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Saturday		a.m.	14 mile easy run Time on your feet - Take your time	Water/Gel every 45 minutes
		p.m.	Rest	
Sunday		a.m.	Cross Train or Rest today	
		p.m.	Rest	

Total 28

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WEEK 11

Day	Date	Time	Workout	Notes
Monday		a.m.	5 miles very easy running	Good hydration
		p.m.		Great nutrition
Tuesday		a.m.	Cross Train or Rest today	Recovery
		p.m.	Rest	
Wednesday		a.m.	Easy 5 miles pace and 4x100m strides. Strides run at 85% effort. Be fully recovered going into each stride. Focus on good form.	Walk back for recovery and run strides in same direction/flat terrain.
		p.m.	Rest	
Thursday		a.m.	Easy 2 mile jog - pay no attention to pace	Hydrate
		p.m.	Rest - Get a great carb meal tonight!	
Friday		a.m.	Cross Train or Rest today	Great nutrition!
		p.m.	Rest	Great hydration!
Saturday		a.m.	20 mile easy run - Time on your feet Take your time - Find some buddies to run with	Water/Gel every 45 minutes
		p.m.		
Sunday		a.m.	Cross Train or Rest today	Relax today
		p.m.	Rest	

Total 32

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WEEK 12

Day	Date	Time	Workout	Notes
Monday		a.m.	5 miles very easy running	Good hydration
		p.m.		Great nutrition
Tuesday		a.m.	Cross Train or Rest today	
		p.m.		
Wednesday		a.m.	Easy 5 miles pace and 4x100m strides. Strides run at 85% effort. Be fully recovered going into each stride. Focus on good form.	Walk back for recovery and run strides in same direction/flat terrain.
		p.m.	Rest	
Thursday		a.m.	3 miles easy run on flat terrain.	Recovery run
		p.m.	Rest	
Friday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Saturday		a.m.	14 mile run - pick up the pace to a steady run from mile 6 to mile 11 and then jog easy for the last 3 miles	Gel/water every 45 minutes
		p.m.	Rest	
Sunday		a.m.	Cross Train or Rest today	
		p.m.	Rest	

Total 27

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WEEK 13

Day	Date	Time	Workout	Notes
Monday		a.m.	6 miles very easy running	Good hydration
		p.m.	Rest	Good nutrition
Tuesday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Wednesday		a.m.	Easy 6 mile trail run plus 4 x100m strides at 80% effort	Walk back for recovery between strides. Always run strides in same direction/flat terrain!
		p.m.	Rest	
Thursday		a.m.	Easy 3 miles trail - pay no attention to the watch	Recovery
		p.m.	Rest	
Friday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Saturday		a.m.	Rest up for the big race tomorrow!	
		p.m.	Rest up for the big race tomorrow!	
Sunday		a.m.	April 7, 2019 - REDBUD 5K/10K RACE 1 mile warm up and 1 mile cool down-10 miles total	Have a great race!
		p.m.	Rest	

Total 25

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A Beginners Guide to Marathon Training

WEEK 14

Day	Date	Time	Workout	Notes
Monday		a.m.	Cross Train or Rest today	Good nutrition/Hydration for the week ahead
		p.m.	Rest Day	
Tuesday		a.m.	Easy 6 mile trail run	Pay no attention to watch or pace today
		p.m.	Rest	Rest
Wednesday		a.m.	Easy 6 mile trail run plus 4 x100m strides at 80% effort	Walk back for recovery between strides. Always run strides in same direction/flat terrain!
		p.m.		
Thursday		a.m.	Rest	Rest and recover!
		p.m.	Rest	Rest and recover!
Friday		a.m.	Cross train!!!	
		p.m.	Rest and Recover for tomorrow's workout!	Rest-Good nutrition
Saturday		a.m.	14 mile road run - time on your feet, just enjoy this run and don't worry about pace.	Workout-take a gel/water every 45 minutes in this workout
		p.m.	Rest	
Sunday		a.m.	Cross Train or Rest	Enjoy your day off
		p.m.		

Total 26

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WEEK 15

Day	Date	Time	Workout	Notes
Monday		a.m.	4 miles very easy running	Pay no attention to watch or pace
		p.m.	Rest	
Tuesday		a.m.	Cross Train or Rest today	
		p.m.	Rest	
Wednesday		a.m.	Easy 4 miles plus 4 x100m strides at 80% effort after the run	Walk back for recovery between strides. Always run strides in same direction
		p.m.	Rest	
Thursday		a.m.	Jog 2 miles very easy	Pay no attention to watch or pace. Enjoy this run
		p.m.	Rest	
Friday		a.m.	Cross Train or Rest	
		p.m.	Rest	
Saturday		a.m.	10 mile run at a nice easy pace	This is your last long run effort before the goal race. Take a gel every 45 minutes with water
		p.m.		Rest
Sunday		a.m.	Cross Train or Rest	
		p.m.	Rest	Recover for the big week ahead!

Total 20

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WEEK 16

Day	Date	Time	Workout	Notes
Monday		a.m.	Rest Day	Hydrate/Good nutrition
		p.m.	Rest Day	
Tuesday		a.m.	Cross Train or Rest - your choice	Enjoy your cross training
		p.m.		
Wednesday		a.m.	Jog 3 miles very easy	Pay no attention to pace - Recovery run
		p.m.	Rest	
Thursday		a.m.	Rest	
		p.m.	Rest	
Friday		a.m.	Cross Train or Rest - your choice	Take it easy on the cross training
		p.m.		Eat a great meal tonight
Saturday		a.m.	Rest/Collect race packet from OKC Marathon Health & Fitness Expo.	
		p.m.		
Sunday		a.m.	OKC Memorial Marathon	Ready, set GO!!!
		p.m.	Time to celebrate!	

Total
Race & Week

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