

# training program

## *full marathon*

The Prevea Training Program is designed for beginner runners. Participants are expected to walk or run at least three to four times each week for these programs to create the most benefit.

The program designates each day of the week to a particular running speed, cross-training or resting. Follow the chart below.



### Definitions

**XT** - Cross-training includes swimming, biking, elliptical training and weight training for cardio-endurance (light weights with high repetitions). The key is to keep the cross training exercises low impact, while you burn calories and take a break from running.

**Long** - These are long, slow distance runs of one and a half to three hours in duration. These runs can include brief breaks for walking, stretching and hydrating. Runners or walkers should cover these runs at a slightly slower pace than their goal marathon pace.

**Medium** - These are runs that should be done at your marathon goal pace. They are designed to help strengthen your legs and mind for the race. This run should also include speed or hill training.

**Easy** - An easy or comfortable run done at a comfortable pace.

TRAINING PROGRAM						
SUNDAY	Rest					
MONDAY	Easy					
TUESDAY	Easy					
WEDNESDAY	Medium					
THURSDAY	XT					
FRIDAY	Easy					
SATURDAY	Long					

  

DECEMBER 2022						
SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
				3	3	5
25	26	27	28	29	30	31
	4	3	3	XT	3	6

  

JANUARY 2023						
SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
	4	3	4	XT	3	7
8	9	10	11	12	13	14
	4	3	4	XT	3	8
15	16	17	18	19	20	21
	4	3	4	XT	3	9
22	23	24	25	26	27	28
	4	3	5	XT	3	10
29	30	31				
	4	3				

  

FEBRUARY 2023						
SUN	MON	TUE	WED	THUR	FRI	SAT
			1	2	3	4
			5	XT	3	8
5	6	7	8	9	10	11
	4	3	6	XT	3	12
12	13	14	15	16	17	18
	4	3	6	XT	3	14
19	20	21	22	23	24	25
	4	3	7	XT	4	16
26	27	28				
	4	4				

  

MARCH 2023						
SUN	MON	TUE	WED	THUR	FRI	SAT
			1	2	3	4
			7	XT	4	13
5	6	7	8	9	10	11
	4	4	8	XT	4	16
12	13	14	15	16	17	18
	4	4	8	XT	5	18
19	20	21	22	23	24	25
	4	4	9	XT	5	20
26	27	28	29	30	31	
	4	4	9	XT	5	

  

APRIL 2023						
SUN	MON	TUE	WED	THUR	FRI	SAT
						1
						16
2	3	4	5	6	7	8
	4	5	10	XT	5	20
9	10	11	12	13	14	15
	4	5	8	XT	4	12
16	17	18	19	20	21	22
	4	4	6	XT	3	8
23	24	25	26	27	28	29
	4	3	4	XT	3	
30						
26.2						

 Eau Claire Marathon

