

training program

half marathon

The Prevea Training Program is designed for beginner runners. Participants are expected to walk or run at least three 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	Medium
TUESDAY	Rest
WEDNESDAY	XT
THURSDAY	Easy
FRIDAY	Rest
SATURDAY	Long

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

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

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
				2		3
25	26	27	28	29	30	31
	2		XT	2		4

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

APRIL 2023						
SUN	MON	TUE	WED	THUR	FRI	SAT
						1
						9.5
2	3	4	5	6	7	8
	4		XT	7		11
9	10	11	12	13	14	15
	5		XT	7		9.5
16	17	18	19	20	21	22
	4		XT	3		6.5
23	24	25	26	27	28	29
	5		XT	2		
30						
13.1						

 Eau Claire Marathon

