

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
<p>Workout: 10 minute Run @ Easy Pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25/15lbs Dumbbell or Kettlebell Then: Work up To Deadlift 1RM. Start with a light weight and do it 10 times. Then add some weight and do 5 reps. Add more weight and do 3. Keeping adding weight and doing single reps until you can no longer lift. Then: 5 minute Plank. Hold yourself in the top of push-up position for 5 total minutes. Rest as needed on the way to 5 minutes. Then: 10 minute Run @ Easy Pace</p>	<p>Workout: 30-60 minute Run @ Easy pace  Note: If you are a more experienced runner increase the time to 90 minutes and maintain a 75-80% MHR throughout the run.</p>	<p>Workout: 10 minute Run @ Easy Pace Then: 2x (30sec Work/30sec “Rest”) Push Press @ 2 x 5-10lbs Dumbbells. “Rest” is in Overhead position. Two sets, Rest 60sec between each set Then: Work up to Bench Press 1RM. Start with a light weight and do it 10 times. Then add some weight and do 5 reps. Add more weight and do 3. Keeping adding weight and doing single reps until you can no longer lift. Then: “Push-up Maximus”: 10x Push-up (5 for women) + 10 seconds Rest. Ten Rounds Then: 10 minute Run @ Easy pace</p>	<p>Workout: 30-60 minute Run @ Easy pace  Note: If you are a more experienced runner increase the time to 90 minutes and maintain a 75-80% MHR throughout the run.</p>	<p>Workout: 60 minute Swim or Bike @ Easy pace. Must be a “Non impact” activity  Note: If you are a more experienced runner increase the time to 120 minutes and maintain a 75-80% MHR throughout the run.</p>	<p>Workout: 90 min run @ Easy Pace  Note: If you can do it then trail running would be preferable  Note 2: If you are a more experienced runner increase the time to 120 minutes and maintain a 75-80% MHR throughout the run.</p>	<p>Rest</p>
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY EIGHT	DAY NINE	DAY TEN	DAY ELEVEN	DAY TWELVE	DAY THIRTEEN	DAY FOURTEEN
<p>Workout: 10 minute Run @ Easy Pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 20/15lbs Dumbbell or Kettlebell Then: Work up To Barbell Front Squat 1RM. Start with a light weight and do it 10 times. Then add some weight and do 5 reps. Add more weight and do 3. Keeping adding weight and doing single reps until you can no longer lift. Then: 100x Curl-up. Rest as needed on the way to 100 perfect reps Then: 10 minute Run @ Easy Pace</p>	<p>Workout: 30-60 minute Run @ Easy pace  Note: If you are a more experienced runner increase the time to 90 minutes and maintain a 75-80% MHR throughout the run.</p>	<p>Workout: 10 minute Run @ Easy Pace Then: 2x (30sec Work/30sec “Rest”) Push Press @ 2 x 5-10lbs Dumbbells. “Rest” is in Overhead position. Two sets, Rest 60sec between each set Then: Work up to Barbell Overhead Press 1RM. Start with a light weight and do it 10 times. Then add some weight and do 5 reps. Add more weight and do 3. Keeping adding weight and doing single reps until you can no longer lift. Then: “Quick &amp; Dirty” Run: 20 Seconds of Work, 40 Seconds of Rest for 4 Rounds (i.e. 4 total minutes) Rest 2 Minutes Run: 20 Seconds of Work, 40 Seconds of Rest for 4 Rounds Then: 10 minute Run @ Easy Pace</p>	<p>Workout: 30-60 minute Run @ Easy pace  Note: If you are a more experienced runner increase the time to 90 minutes and maintain a 75-80% MHR throughout the run.</p>	<p>Workout: 60 minute Swim or Bike @ Easy pace. Must be a “Non impact” activity</p>	<p>Workout: 90 min run @ Easy Pace  Note: If you can do it then trail running would be preferable  Note 2: If you are a more experienced runner increase the time to 120 minutes and maintain a 75-80% MHR throughout the run.</p>	Rest
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>DAY FIFTEEN</b>	<b>DAY SIXTEEN</b>	<b>DAY SEVENTEEN</b>	<b>DAY EIGHTEEN</b>	<b>DAY NINETEEN</b>	<b>DAY TWENTY</b>	<b>DAY TWENTY-ONE</b>
Workout: 10 minute Run @ Easy Pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 20/15lbs Dumbbell or Kettlebell 2x20 Walking Lunge (10 on each leg. Basically 20 steps forward) Then: Work up To Barbell Back Squat 1RM. Start with a light weight and do it 10 times. Then add some weight and do 5 reps. Add more weight and do 3. Keeping adding weight and doing single reps until you can no longer lift. Then: 5 minute Plank. Hold yourself in the top of push-up position for 5 total minutes. Rest as needed on the way to 5 minutes. Then: 10 minute Run @ Easy Pace	Workout: 30-60 minute Run @ Easy pace  Note: If you are a more experienced runner increase the time to 90 minutes and maintain a 75-80% MHR throughout the run.	Workout: 10 minute Run @ Easy Pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 20/15lbs Dumbbell or Kettlebell 2x20 Walking Lunge (10 on each leg. Basically 20 steps forward) Then: Work up To Barbell Overhead Squat 1RM. Start with a light weight and do it 10 times. Then add some weight and do 5 reps. Add more weight and do 3. Keeping adding weight and doing single reps until you can no longer lift. Then: 50x Push-up 50x Dip 50x Pull-up Get them done in any order but make sure they are quality. Women can cut reps in half and do 25 reps of each. Then: 10 minute Run @ Easy Pace	Workout: 30-60 minute Run @ Easy pace  Note: If you are a more experienced runner increase the time to 90 minutes and maintain a 75-80% MHR throughout the run.	Workout: 60 minute Swim or Bike @ Easy pace. Must be a "Non impact" activity	Workout: 90 min run @ Easy Pace  Note: If you can do it then trail running would be preferable  Note 2: If you are a more experienced runner increase the time to 120 minutes and maintain a 75-80% MHR throughout the run.	Rest
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY TWENTY-TWO	DAY TWENTY-THREE	DAY TWENTY-FOUR	DAY TWENTY-FIVE	DAY TWENTY-SIX	DAY TWENTY-SEVEN	DAY TWENTY-EIGHT
<p>Workout: 10 minute Run @ Easy Pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25/15lbs Dumbbell or Kettlebell Then: Work up To Power Clean 1RM. Start with a light weight and do it 10 times. Then add some weight and do 5 reps. Add more weight and do 3. Keeping adding weight and doing single reps until you can no longer lift. Then: 100x Curl-up. Rest as needed on the way to 100 perfect reps Then: 10 minute Run @ Easy Pace</p>	<p>Workout: 30-60 minute Run @ Easy pace  Note: If you are a more experienced runner increase the time to 90 minutes and maintain a 75-80% MHR throughout the run.</p>	<p>Workout: 10 minute Run @ Easy Pace Then: Work up to Turkish Get-up 1RM. Start with a light weight and do it 10 times (5 each side). Then add some weight and do 6 reps (3 each side). Add more weight and do 4 (2 each side). Keeping adding weight and doing single reps on each until you can no longer lift. Note: Be careful with this and emphasize caution. Also have a spot. You only have one set of shoulders so take care of them Then: 50x Turkish Get-up (25 each side). Slow and controlled for perfect form Then: 10 minute Run @ Easy Pace</p>	<p>Workout: 30-60 minute Run @ Easy pace  Note: If you are a more experienced runner increase the time to 90 minutes and maintain a 75-80% MHR throughout the run.</p>	<p>Workout: 60 minute Swim or Bike @ Easy pace. Must be a "Non impact" activity</p>	<p>Workout: Max Heart Rate Test and Endurance Work: Begin workout by testing Max Heart Rate. You will need a HR monitor with a chest strap. Complete a hard 10 minute warm-up. Do some medium pace running and throw in some sprints to elevate the heart rate. Then: 2 minute Run "All out". Try to get as much distance as humanly possible in two minutes. Rest one minute. Repeat two minute run again trying to beat the distance in the first effort. Record last 20sec of second 2 minute run and you should discover max heart rate. Then: 70 min run @ Easy Pace  Note: If you can do it then trail running would be preferable  Note 2: If you are a more experienced runner increase the time to 120 minutes and maintain a 75-80% MHR throughout the run.</p>	<p>Rest</p>
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>DAY TWENTY-NINE</b>	<b>DAY THIRTY</b>	<b>DAY THIRTY-ONE</b>	<b>DAY THIRTY-TWO</b>	<b>DAY THIRTY-THREE</b>	<b>DAY THIRTY-FOUR</b>	<b>DAY THIRTY-FIVE</b>
Workout: 10 minute Run @ Easy Pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25/15lbs Dumbbell or Kettlebell Then: Work up to 90% Deadlift 1RM (I.e. 10 reps at 30% 1RM, 5 reps @ 50% 1RM, 3 reps @ 80% 1RM, 2 reps @ 85% 1RM) Then: 5x2 Deadlift @ 80% 1RM Rest 3 minutes between sets Then: 5 minutes of Plank Hold: Hold your body at the top of push-up position for 5 total minutes. Split up the sets and rest as needed. Just make sure form is perfect and abs are engaged throughout. Then: 10 minute Run @ Easy Pace	Workout: 60-90 minute Run @75-80% MHR	Workout: 10 minute Run @ Easy Pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25/15lbs KB or DB Then: 10x Barbell Overhead Press @ 40% 1RM + 3:00 min Run on treadmill @ 90% MHR pace + 90sec Rest Three Rounds Then: 5 minute Intermission (including 3rd-90sec Rest period above) Then: 10x Front Squat @ 40% 1RM + 3:00 min Run on treadmill @ 90% MHR pace + 90sec Rest. Three Rounds Then: 5 minute Intermission (including 3rd-90sec Rest period above) Then: 100x Curl-up	Workout: 10-20 minute run @ Easy Pace Then: 10 x 800m Repeats @ goal marathon number per 800m pace (i.e. if your goal marathon is 3:30 then each 800m should be done in 3 minutes and 30 seconds). Use a 1:1 work- to-rest ratio. So if your interval takes 3:30 you rest 3:30 before starting again. You can walk for your rest. Then: 20 minute Run @ Easy Pace	Workout: 60 minute Swim or Bike @ Easy pace. Must be a “Non impact” activity	Workout: 1 Mile Run @ Easy Pace Then: 8 Mile Run @ Goal Marathon Pace Then: 1 mile Run @ Easy Pace (i.e. 10 Total Miles)	Rest
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>DAY THIRTY-SIX</b>	<b>DAY THIRTY-SEVEN</b>	<b>DAY THIRTY-EIGHT</b>	<b>DAY THIRTY-NINE</b>	<b>DAY FORTY</b>	<b>DAY FORTY-ONE</b>	<b>DAY FORTY-TWO</b>
Workout: 10 minute Run @ Easy Pace Then: 3x10 Shoulder Dislocate Then: 2x (30sec Work/30sec “Rest”) Push Press @ 2 x 5-10lbs Dumbbells. “Rest” is in Overhead position. Two sets, Rest 60sec between each set Then: Work up to Heavy Bench Press (i.e. 10 reps @ 30% 1RM, 5 reps @ 50% 1RM, 3 reps @ 70% 1RM, 2 reps @ 80% 1RM, 1 rep @ 90% 1RM) Then: 5x2 Bench Press @ 80% 1RM Rest 2-3 minutes between each set. During Rest period complete 5-10 pull-ups Then: 100x Curl-up. Rest as needed on way to 100 reps. Perfect form is the key. Then: 10 minute Run @ Easy Pace	Workout: 60-90 minute Run @75-80% MHR	Workout: 10 minute Run @ Easy Pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25/15lbs KB or DB Then: 5x Power Clean @ 70% 1RM + 2:00 min Run on treadmill @ 90% MHR pace + 2:00 min Rest Three Rounds Then: 5 minute Intermission (including 3rd-2min Rest period above) Then: 5x Front Squat @ 70% 1RM + 2:00 min Run on treadmill @ 90% MHR pace + 2:00 min Rest Three Rounds Then: 5 minute Intermission (including 3rd-2min Rest period above) Then: 5 minutes of Plank Hold: Hold your body at the top of push-up position for 5 total minutes. Split up the sets and rest as needed. Just make sure form is perfect and abs are engaged throughout. Then: 10 minute Run @ Easy Pace	Workout: 2 mile Run @ Easy Pace Then: 5x1mile intervals @ >90% MHR Pace (i.e Really Hard). Use a 1:1 Work-To-Rest Ratio. The amount of time it takes to run an interval is the amount of time to rest. Then: 2 mile Run @ Easy Pace	Workout: 60 minute Swim or Bike @ Easy pace. Must be a “Non impact” activity	Workout: 1 Mile Run @ Easy Pace Then: 10 Mile Run @ Goal Marathon Pace Then: 1 mile Run @ Easy Pace (i.e. 12 Total Miles)	Rest
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>DAY FORTY-THREE</b>	<b>DAY FORTY-FOUR</b>	<b>DAY FORTY-FIVE</b>	<b>DAY FORTY-SIX</b>	<b>DAY FORTY-SEVEN</b>	<b>DAY FORTY-EIGHT</b>	<b>DAY FORTY-NINE</b>
Workout: 10 min Run @ Easy Pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25/15lbs Then: Work up to 85% 1RM Barbell Overhead Squat 1RM (I.e. 10 reps at 30% 1RM, 5 reps @ 50% 1RM, 3 reps @ 80% 1RM, 1 reps @ 85% 1RM) Then: 5x2 Barbell Overhead Squat @ 80% 1RM Rest 2-3 minutes between sets Then: 3x10 Deadlift @ 40% 1RM Then: 3x10 Straight Leg DL @ 75-115lbs. Strict emphasis on form and hamstring stretch. Then: 10 min Run @ Easy Pace	Workout: 60-90 minute Run @75-80% MHR	Workout: 10 minute Run @ Easy Pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25/15lbs KB or DB Then: 10x Barbell Overhead Press @ 40% 1RM + 4:00 min Run on treadmill @ 90% MHR pace + 60sec Rest, Two Rounds Then: 5 minute Intermission (including 2nd-60sec Rest period above) Then: 10x Front Squat @ 40% 1RM + 4:00 min Run on treadmill @ 90% MHR pace + 60sec Rest, Two Rounds Then: 5 minute Intermission (including 2nd-60sec Rest period above) Then: 100x Curl-up Then: 10 minute Run @ Easy Pace	Workout: Warm-up 10-20 min (progressively increase speed until end) Then: 2 blocks of 4x4 minutes @ 85-90% MHR Pace (i.e. 8 total 4 minute blocks) 2:30 active recovery between intervals (i.e easy paced run between efforts) 10 minutes active recovery (could be walking to recover fully between blocks Then: 10 minute Run @ Easy Pace	Workout: 60 minute Swim or Bike @ Easy pace. Must be a "Non impact" activity	Workout: 1 Mile Run @ Easy Pace Then: 12 Mile Run @ Goal Marathon Pace Then: 1 mile Run @ Easy Pace (i.e. 14 Total Miles)	Rest
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>DAY FIFTY</b>	<b>DAY FIFTY-ONE</b>	<b>DAY FIFTY-TWO</b>	<b>DAY FIFTY-THREE</b>	<b>DAY FIFTY-FOUR</b>	<b>DAY FIFTY-FIVE</b>	<b>DAY FIFTY-SIX</b>
Workout: 10 minute Run @ Easy Pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25/15lbs Dumbbell or Kettlebell Then: Work up to 85% Deadlift 1RM (I.e. 10 reps at 30% 1RM, 5 reps @ 50% 1RM, 3 reps @ 80% 1RM, 2 reps @ 85% 1RM) Then: 5x1 @ 90% 1RM Rest 4 minutes between sets Then: 3x10 Romanian Deadlift @ 24/16kg Kettlebell Then: 3x10 Straight Leg Deadlift @ 75-135lbs Then: 10 minute Run @ Easy Pace	Workout: 60-90 minute Run @75-80% MHR	Workout: 10 minute Run @ Easy Pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25/15lbs KB or DB Then: 8x Pull-up (Horizontal Row aka Plank Pull could be used as a substitute) + 1:00 min Run on treadmill @ 90% MHR pace + 1:00 min Rest Five Rounds Then: 5 minute Intermission (including 5th-1min Rest period above) Then: 8x Bench Press @ 50% 1RM + 1:00 min Run on treadmill @ 90% MHR pace + 1:00 min Rest Five Rounds Then: 5 minute Intermission (including 5th-1min Rest period above) Then: 5 minutes of Plank Hold: Hold your body at the top of push- up position for 5 total minutes. Split up the sets and rest as needed. Just make sure form is perfect and abs are engaged throughout. Then: 10 minute Run @ Easy Pace	Workout: 10-20 minute run @ Easy Pace Then: 10 x 800m Repeats @ goal marathon number per 800m pace (i.e. if your goal marathon is 3:30 then each 800m should be done in 3 minutes and 30 seconds). Use a 1:1 work- to-rest ratio. So if your interval takes 3:30 you rest 3:30 before starting again. You can walk for your rest. Then: 20 minute Run @ Easy Pace  Note: You completed this workout on Day 32. Make sure rather than just settle for your goal marathon number you do every interval faster than you did the intervals in the first workout. So if you did each interval at 3:30 the first time do it 3:25 this time.	Workout: 60 minute Swim or Bike @ Easy pace. Must be a “Non impact” activity	Workout: 1 Mile Run @ Easy Pace Then: 14 Mile Run @ Goal Marathon Pace Then: 1 mile Run @ Easy Pace (i.e. 16 Total Miles)	Re
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>DAY FIFTY-SEVEN</b>	<b>DAY FIFTY-EIGHT</b>	<b>DAY FIFTY-NINE</b>	<b>DAY SIXTY</b>	<b>DAY SIXTY-ONE</b>	<b>DAY SIXTY-TWO</b>	<b>DAY SIXTY-THREE</b>
Workout: 10 minute Run @ Easy Pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25/15lbs Dumbbell or Kettlebell Then: Work up to 85% Front Squat 1RM (I.e. 10 reps at 30% 1RM, 5 reps @ 50% 1RM, 3 reps @ 80% 1RM, 2 reps @ 85% 1RM) Then: 5x2 Front Squat @ 80% 1RM Rest 3 minutes between sets Then: 3x10 Romanian Deadlift @ 24/16kg Kettlebell Then: 3x10 Straight Leg Deadlift @ 75-135lbs Then: 10 minute Run @ Easy Pace	Workout: 60-90 minute run @ 75- 80% MHR  *Make sure you start breaking in a new pair of shoes for the marathon  *Also get Massage therapy sometime this week to help with recovery status for marathon.	Workout: 10 minute Run @ Easy Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25/15lbs Then: 3x10 Shoulder Dislocate Then: 2x (30sec Work/30sec “Rest”) Push Press @ 2 x 5-10lbs Dumbbells. “Rest” is in Overhead position. Two sets, Rest 60sec between each set Then: 6x Turkish Get-up (3 each side) @ 25/15lbs Dumbbell + 60sec Plank Hold (top of push-up position) Five Rounds Then: 100x Curl-up Then: 10 minute Run @ Easy	Workout: Warm-up 10-20 min Run @ Easy Pace Then: 3 blocks of 8 min of (30sec of Running @ 90-95% MHR pace/30sec Easy paced Jogging) Rest 4 min Walking between blocks Then: 10-20 min run @ Easy Pace	Workout: 60 minute Swim or Bike @ Easy pace. Must be a “Non impact” activity	Workout: 1 Mile Run @ Easy Pace Then: 16 Mile Run @ Goal Marathon pace Then: 1 mile run @ Easy Pace (i.e. 18 total miles)	Rest
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>DAY SIXTY-FOUR</b>	<b>DAY SIXTY-FIVE</b>	<b>DAY SIXTY-SIX</b>	<b>DAY SIXTY-SEVEN</b>	<b>DAY SIXTY-EIGHT</b>	<b>DAY SIXTY-NINE</b>	<b>DAY SEVENTY</b>
Workout: 10 minute Run @ Easy pace Then: 3x10 Shoulder Dislocate Then: 2x (30sec Work/30sec "Rest") Push Press @ 2 x 15# Dumbbells Three Sets, Rest 2 minutes between each Then: Work up to Heavy Bench Press (i.e. 10 reps @ 30% 1RM, 5 reps @ 50% 1RM, 3 reps @ 70% 1RM, 2 reps @ 80% 1RM, 1 rep @ 90% 1RM) Press Then: 5x2 Bench Press @ 80% 1RM Rest 3 minutes between sets Then: 5 minutes of Plank Hold: Hold your body at the top of push-up position for 5 total minutes. Split up the sets and rest as needed. Just make sure form is perfect and abs are engaged throughout. Then: 10 minute Run @ Easy Pace	Workout: 90 minute run @ 75- 80% MHR	Workout: 10 minute Run @ Easy Pace Then: 3x15 Deadlift @ 30% 1RM Then: 3x15 Deadlift @ 30% 1RM off of 4" Box (or 45lbs plates stacked up to approximately 4") Then: 3x10 Romanian Deadlift @ 24/16kg Kettlebell Then: 3x10 Straight Leg Deadlift @ 75-135lbs Then: 10 minute Run @ Easy Pace	Workout: 10-20 minute Run @ Easy Pace Then: Three Blocks of 5x (30sec Sprint/30sec Walk) 4 minute Easy Paced Run/ Walk between each block for Active Recovery Then: 10-20 minute Run @ Easy pace	Workout: 60 minute Swim or Bike @ Easy pace. Must be a "Non impact" activity	Workout: 1 Mile Run @ Easy Pace Then: 18 Mile Run @ Goal Marathon Pace Then: 1 mile Run @ Easy Pace (i.e. 20 Total Miles)	Rest
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>DAY SEVENTY-ONE</b>	<b>DAY SEVENTY-TWO</b>	<b>DAY SEVENTY-THREE</b>	<b>DAY SEVENTY-FOUR</b>	<b>DAY SEVENTY-FIVE</b>	<b>DAY SEVENTY-SIX</b>	<b>DAY SEVENTY-SEVEN</b>
10 minute Run @ Easy Pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25/15lbs Dumbbell or Kettlebell Then: Work up to 80% Front Squat 1RM (I.e. 10 reps at 30% 1RM, 5 reps @ 50% 1RM, 3 reps @ 80% 1RM) Then: 8x2 Front Squat @ 70% 1RM Each Set followed by 3-4x Box Jump @ 24-30"(depending on skill level) Then: 4x (20sec Sprint/40sec Active Rest) Run/Jog Rest 2 minutes 4x (20sec Sprint/40sec Active Rest) Run/Jog Then: 10 minute Run @ Easy Pace	Workout: 90 minute run @ 75- 80% MHR	Workout: 100x Turkish Get-up @ 25/15lbs Dumbbell (50 reps on each side)  Note: This should be done slow and controlled with perfect form in mind.	Workout: 10-20 minute run @ Easy Pace Then: 10 x 800m Repeats @ goal marathon number per 800m pace (i.e. if your goal marathon is 3:30 then each 800m should be done in 3 minutes and 30 seconds). Use a 1:1 work-to-rest ratio. So if your interval takes 3:30 you rest 3:30 before starting again. You can walk for your rest. Then: 20 minute Run @ Easy Pace  Note: You most recently completed this workout on Day 53. Make sure rather than just settle for your goal marathon number you do every interval faster than you did the intervals in the last workout. So if you did each interval at 3:25 the last time do it 3:20 this time.	Workout: 60 minute Swim or Bike @ Easy pace. Must be a "Non impact" activity	Workout: 14 mile Run Start @ :45/mile less than Goal Marathon Pace Gradually speed up so you finish the final few miles @ Goal Marathon Pace	Rest
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>DAY SEVENTY-EIGHT</b>	<b>DAY SEVENTY-NINE</b>	<b>DAY EIGHTY</b>	<b>DAY EIGHTY-ONE</b>	<b>DAY EIGHTY-TWO</b>	<b>DAY EIGHT-THREE</b>	<b>DAY EIGHTY-FOUR</b>
Workout: 50x TGU @ 25/15lbs KB (i.e. light) Then: 60 minute Run @ Easy Pace	Workout: 10 minute Run @ Easy Pace Then: 2 miles @ Goal Marathon pace Rest 2-3 minutes walk/jog Then: 2 miles @ GM pace Then: Rest 2-3 minutes walk/jog Then: 2 miles @ GM pace Then: 10 minute Run @ Easy Pace	Take a full day of rest and also get a massage today	Workout: 10 minute Run @ Easy Pace Then: 1.5 mile @ goal marathon pace Rest 2-3 minutes walk/jog Then: 1.5 mile @ Goal Marathon pace Then: Rest 2-3 minutes walk/jog Then: 1.5 mile @ Goal Marathon pace Then: 10 minute Run @ Easy Pace	Workout: 60 minute Swim or Bike @ Easy pace. Must be a “Non impact” activity	Workout: 20-45 minute Run @ Easy Pace (If you do better on full rest then do the 20-45 minute Run on Day 82 and Rest today)  IF this is actually the day of your marathon then do the workout above in place of the workout on Friday.	Workout: Marathon
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>