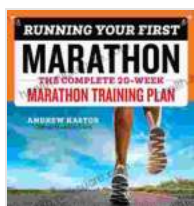


The Complete 20-Week Marathon Training Plan: Everything You Need to Know

Running a marathon is a challenging but rewarding experience. With the right training plan, anyone can achieve their goal of crossing the finish line. This 20-week marathon training plan is designed for runners of all levels, from beginners to experienced runners. It provides a comprehensive schedule of training runs, nutrition tips, and injury prevention advice.

The training schedule is divided into four phases:

Phase 1: Base Building (Weeks 1-6)



Running Your First Marathon: The Complete 20-Week Marathon Training Plan by Andrew Kastor

★★★★☆ 4.6 out of 5

Language : English
File size : 7332 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 152 pages
Lending : Enabled



- Focus: Building a strong aerobic base
- Mileage: Gradually increase mileage each week
- Intensity: Easy to moderate pace

- Long runs: Gradually extend long run distance

Phase 2: Endurance Building (Weeks 7-12)

- Focus: Developing endurance and speed
- Mileage: Continue to increase mileage
- Intensity: Introduce interval training and tempo runs
- Long runs: Continue to extend long run distance

Phase 3: Race Preparation (Weeks 13-18)

- Focus: Fine-tuning fitness and practicing race-day strategies
- Mileage: Peak mileage and then taper
- Intensity: Continue interval training and tempo runs
- Long runs: Simulate race day conditions

Phase 4: Taper (Weeks 19-20)

- Focus: Rest and recovery
- Mileage: Gradually reduce mileage
- Intensity: Easy runs only
- Long runs: Short and easy

Here is a sample training schedule for each week of the plan:

Week	Mileage	Intensity	Long Run
1	25 miles	Easy	6 miles
2	30 miles	Easy to moderate	8 miles
3	35 miles	Moderate	10 miles
4	40 miles	Moderate to hard	12 miles
5	45 miles	Hard	14 miles
6	50 miles	Moderate	16 miles
7	55 miles	Moderate to hard	18 miles
8	60 miles	Hard	20 miles
9	65 miles	Moderate	16 miles
10	70 miles	Moderate to hard	18 miles
11	75 miles	Hard	20 miles
12	80 miles	Peak	22 miles
13	75 miles	Moderate	18 miles
14	70 miles	Moderate to hard	20 miles
15	65 miles	Hard	16 miles
16	60 miles	Moderate	12 miles
17	55 miles	Moderate to hard	10 miles
18	50 miles	Hard	8 miles
19	45 miles	Easy	6 miles
20	40 miles	Easy	4 miles

Nutrition is essential for marathon training. Eating a healthy diet will help you fuel your runs and recover properly. Here are some tips:

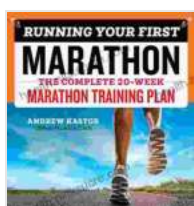
- Eat a balanced diet that includes plenty of fruits, vegetables, whole grains, and lean protein.
- Stay hydrated by drinking plenty of water before, during, and after your runs.
- Carboload in the days leading up to your marathon.
- Eat a light meal or snack about 2 hours before your long runs.
- Replenish your glycogen stores after your runs with a meal or snack that includes carbohydrates and protein.

Injury prevention is important for marathon runners. Here are some tips:

- Listen to your body and take rest days when needed.

- Warm up before your runs and cool down afterwards.
- Wear proper running shoes and clothing.
- Stay hydrated.
- Gradually increase your mileage and intensity.
- Get a massage or acupuncture to help prevent injuries.

Following this 20-week marathon training plan will help you prepare for your marathon and reach the finish line. Remember to listen to your body, eat a healthy diet, and prevent injuries. With hard work and dedication, you can achieve your goal of running a marathon.



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