

# TRD 2017 NYC Marathon Training Plan\*

## August 2017

Miles in this color are optional  
 Miles in this color are range for beginner/regular speed runner below what is on easy range of plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 Club Champs
6	7 <b>Plan Starts</b> MNR easy	8 1-3 mile warm up 3-5x 1200m @ MGP on 400m jog 1-3 mile cool down	9 Easy miles or off	10 1-3 mile warm up 3 miles @ MGP 1-3 mile cool down	11 Easy miles or off	12 11-15 miles: 6-10 easy, 1 mile @ MGP, 1 mile easy, 2 miles @ MGP, 1 mile easy
13 Easy miles or off	14 MNR easy	15 1-3 mile warm up 2-3x 400/800/1200m @ HMGP /400m jog 1-3 mile cool down	16 Easy miles or off	17 1-3 mile warm up 3 miles @ (1 each) MGP/HMGP/10KGP 1-3 mile cool down	18 Easy miles or off	19 13-17 miles
20 Easy miles or off	21 MNR easy	22 1-3 mile warm up 3-4x 1 mile @ HMGP/400m jog 1-3 mile cool down	23 Easy miles or off	24 1-3 mile warm up 6-8x Up hill/ track/downhill 1-3 mile cool down	25 Easy miles or off	26 15-19 miles including 7-8x ½ mile @ MGP ½ mile @ jog
27 Easy miles or off	28 MNR easy	29 1-3 mile warm up 5-8x 800/800 @ HMGP/MGP20 1-3 mile cool down	30 Easy miles or off	31 1-3 mile warm up 3-4x Upper Loop @ MGP30 1-3 mile cool down		

**Note: Official group workouts are Tues, Thurs and Sat.**  
 Runners should plan to run 4-10 miles on 2-4 days a week on their own.  
 MNR may be used as one of the easy days.

**MGP: Marathon Goal Pace**  
**HMGP: Half Marathon Goal Pace (~15" faster than MGP)**  
**10KGP: 10K Goal Pace (~15'-20" faster than HMGP)**  
**5KGP: 5K Goal Pace (~15" faster than 10KGP)**  
**MGP30: 30" slower than MGP**

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## September 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Easy miles or off	2 15-20 miles
3 Easy miles or off	4 Labor Day MNR easy	5 1-3 mile warm up 8', 12', 16' (16' optional) @ HMGP/4' jog 1-3 mile cool down	6 Easy miles or off	7 1-3 mile warm up 4-6 miles @ MGP 1-4 mile cool down	8 Easy miles or off	9 14 miles
10 14 miles	11 MNR easy	12 1-3 mile warm up 4-5x 1600m @ HMGP/400m jog 1-4 mile cool down	13 Easy miles or off	14 1-3 mile warm up 3-4 miles @ HMGP 1-4 mile cool down	15 Easy miles or off	16 17-21 miles; last 5: 4 @ MGP, 1 easy
17 Easy miles or off	18 MNR easy	19 1-3 mile warm up 10-14x 400m @5KGP/200m jog 1-4 mile cool down	20 Easy miles or off	21 1-3 mile warm up 3-4x 1.5 miles @ MGP on 2' 1-4 mile cool down	22 Easy miles or off	23 17-20 miles or 5 easy for Bronx
24 Bronx 10-Miler – Club points	25 MNR easy	26 1-3 mile warm up 6x 1200m @ MGP/3' jog 1-4 mile cool down	27 Easy miles or off	28 TBD or easy miles if racing on Weekend	29 Easy miles or off	30 Race a Half or 13-16 miles: 7-10 easy, 3x 1 mile @ MGP on 1 mile jog or 20-22 miles w/ last hour @ MGP (if racing SI)

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## October 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 MNR easy	3 1-3 mile warm up 6x 1200m @ MGP/3' jog 1-4 mile cool down	4 Easy miles or off	5 1-3 mile warm up 1.7 miles x3: MGP, HMGP, 10GP; 1-4 mile cool down	6 Easy miles or off	7 3-5 miles easy or 18-20 miles
8 SI Half – Club Points	9 MNR easy	10 1-2 mile warm up 1.5-3 Canova Lower CP Loops (10m) HMGP-MGP20 1-2 mile cool down	11 Easy miles or off	12 1-3 mile warm up 3-4x Upper Loop @ MGP30 1-4 mile cool down	13 Easy miles or off	14 20-22 miles w/ last hour @ MGP
15	16 MNR easy	17 1-2 mile warm up 6-8x 800m @ MGP/400m jog 1 mile cool down	18 Easy miles or off	19 1-2 mile warm up 8-10 miles @ MGP 1 mile cool down	20 Easy miles or off	21 13-17 miles easy
22	23 MNR easy	24 2 mile warm up 4x 1200m @ MGP/400m jog 1 mile cool down	25 Easy miles or off	26 2 mile warm up 5-6 miles @ MGP 1 mile cool down	27 Easy miles or off	28 3-5 miles easy
29 11-14 miles easy	30 MNR easy	31 Off				

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## November 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <b>Back to Weds</b> 1 mile warm up 2 mile @ MGP on 3' 1 mile cool down	2 90' easy	3 1 mile warm up 1 mile @ MGP 1 mile cool down	4 1-2 miles or off
5 NYC Marathon	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

\* This marathon training program has evolved throughout the years with collaboration and feedback from many runners. You all know who you are. Thank you very much and keep the feedback coming!