



# Racer Training Schedule

The “racer” schedule is designed to lead a runner to a “personal best” or a Boston Marathon qualifying time. A “racer” should already be running 30 (or more) miles-per-week with a weekly long run of at least 10 miles before beginning the marathon training schedule.

## Key

A .....12 x 400m @ 10K pace w/1.5 minutes rest

B .....6 x 800m @ 10K pace w/3 minutes rest

C .....12 x 400m @ 5K pace w/3 minutes rest

D .....3 x 1 mile @ 10K pace w/6 minutes rest

E .....16 x 400m @ 10K pace w/1.5 minutes rest

F .....8 x 800m @ 10K pace w/3 minutes rest

G .....4 x 1 mile @ 10K pace w/6 minutes rest

H .....12 x 200m @ 5K pace w/1.5 minutes rest

J .....2 x 1.5 miles @ 15-30 seconds/mile faster than marathon pace w/3 minutes jog rest

K .....1 x 3 miles @ 15-30 seconds/mile faster than marathon pace

L .....2 x 2 miles @ 15-30 seconds/mile faster than marathon pace w/4 minutes jog rest

M .....1 x 4 miles @ 15-30 seconds/mile faster than marathon pace

N .....2 x 2.5 miles @ 15-30 seconds/mile faster than marathon pace w/5 minutes jog rest

P .....1 x 5 miles @ 15-30 seconds/mile faster than marathon pace

Q .....2 x 3 miles @ 15-30 seconds/mile faster than marathon pace w/6 minutes jog rest

R .....1 x 6 miles @ 15-30 seconds/mile faster than marathon pace

XT....Cross Training: An aerobic activity (i.e., cycling, swimming, etc.) of equal duration (time) may be substituted for the day’s run.

With the exception of the interval workouts and tempo runs listed in the Key (A-R), all runs should be done at a relaxed, easy pace.

Mondays Are Rest Days

Week	M	T	W	T	F	S	S	Total
1		5	8	4 or XT	6	3	12	34-38
<i>actual</i>								
2		6	9	4 or XT	6	3	14	38-42
<i>actual</i>								
3		6	9	5 or XT	7	4	16	42-47
<i>actual</i>								
4		7	10	5 or XT	7	4	12	40-45
<i>actual</i>								
5		7	10	5 or XT	7	4	18	46-51
<i>actual</i>								
6		7	10	6 or XT	8	5	14	44-50
<i>actual</i>								
7		7A	10-12	6 or XT	8J	5	20	50-58
<i>actual</i>								
8		7B	10	6 or XT	8K	5	14	44-50
<i>actual</i>								
9		7C	12-13	6 or XT	8L	5	22	54-61
<i>actual</i>								
10		7D	10	6 or XT	8M	5	16	46-52
<i>actual</i>								
11		7E	12-13	6 or XT	8N	5	24	56-63
<i>actual</i>								
12		7F	10	6 or XT	8P	5	16	46-52
<i>actual</i>								
13		7C	12-13	6 or XT	8Q	5	26	58-65
<i>actual</i>								
14		7G	10	6 or XT	8R	5	18	48-54
<i>actual</i>								
15		6C	9	5 or XT	7J	4	12	38-43
<i>actual</i>								
16		5H	8	4		3	26.2	46.2
<i>actual</i>								

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