



2023

12-Week Advanced Marathon Training Plan

This training plan is designed for those who have completed several marathons and already run 45-50 miles a week. If you're aiming to complete this plan, you should begin your training on Monday, February 13.

Some terms you should know before you begin training:

+ Easy

Easy runs should be the bulk of your marathon training miles. These runs should be a full one to two minutes slower than your expected marathon pace. Most people run too fast during the week and don't allow their bodies to absorb the mileage and get stronger. Be sure to take it easy!

+ LR - Long Runs

A long run is the most important run of your week. Most runners will do these on the weekend due to how time consuming they can be. Training to run long will help prepare you for the physical and psychological toll of the marathon. These runs can also provide an opportunity to try which gels and fluids work well with your stomach during the run. These runs should be 60-90 seconds per mile slower than your expected marathon pace.

+ MP - Marathon Pace

Marathon Pace runs will provide you with an idea of how your expected pace will feel and whether you need to adjust your expectations of your time. These runs should have a mile warmup and mile cool down. (That means that if the plan calls for seven miles, run the first mile easy, the next five at marathon pace, and the last as an easy cool down.)

+ PG - Progressive Run

Progressive runs start at a really easy pace and then progress a little faster every mile so that the last mile of the run is about 45-60 seconds per mile faster than your expected marathon pace. These runs prepare you to finish races strong.

+ Lactate Threshold Runs

These runs are important for marathoners, because they train the body to clear lactate. The buildup of hydrogen ions in your muscles and blood, which is associated with accumulation of lactate, is what predominately causes a marathoner to slow down. The purpose of this training is to increase your lactate threshold, which is the ability to produce energy at a fast rate aerobically without accumulating high levels of lactate in your muscles and blood. LT pace is roughly the pace that you could sustain for an hour of racing (or a few seconds-per-mile faster than your half-marathon pace). It is important that these runs are paced just right, as running too fast or too slow will not give you the desired stimulus to increase your lactate threshold.



Training Plans Presented By:
GARMIN®



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Feb. 13-19 52 Total Miles	6 miles Easy	8 miles Easy	8 miles Easy	8 miles Easy	8 miles Easy	14 miles Long Run	Rest
2 Feb. 20-26 57 Total Miles	8 miles Easy	10 miles with 8 miles at MP	8 miles Easy	8 miles Easy	8 miles Easy	15 miles Long Run	Rest
3 Feb. 27 - Mar. 5 56 Total Miles	8 miles Easy	8 miles with 5 miles at LT	8 miles Easy	8 miles Easy	6 miles Easy	18 miles Long Run	Rest
4 Mar. 6-12 66 Total Miles	A.M.: 8 miles Easy P.M.: 6 miles Easy	Two Month Countdown! 9 miles with 5 miles at LT	12 miles Easy	8 miles Easy	8 miles Easy	15 miles Progressive Run	Rest
5 Mar. 13-19 70 Total Miles	A.M.: 8 miles Easy P.M.: 6 miles Easy	10 miles with 8 miles at MP	10 miles Easy	8 miles Easy	8 miles Easy	20 miles Long Run	Rest
6 Mar. 20-26 55 Total Miles	8 miles Easy	8 miles with 6 miles at LT	8 miles Easy	8 miles Easy	8 miles Easy	15 miles Progressive Run	Rest

MOVING IN THE PITTSBURGH MARATHON 2023



12-Week Advanced Marathon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 Mar. 27 - Apr. 2 70 Total Miles	A.M.: 8 miles Easy P.M.: 4 miles Easy	8 miles with 6 miles at LT	12 miles Easy	8 miles Easy	8 miles Easy	22 miles Long Run	Rest
8 Apr. 3-9 64 Total Miles	A.M.: 8 miles Easy P.M.: 4 miles Easy	10 miles with 8 miles at MP	12 miles Easy	8 miles Easy	One month to go! 8 miles Easy	14 miles Progressive Run	Rest
9 Apr. 10-16 70 Total Miles	A.M.: 8 miles Easy P.M.: 4 miles Easy	10 miles with 6 miles at LT	12 miles Easy	8 miles Easy	8 miles Easy	Course Preview Run! 20 miles Long Run	Rest
10 Apr. 17-23 54 Total Miles	8 miles Easy	8 miles with 4 miles at MP	8 miles Easy	8 miles Easy	6 miles Easy	16 miles Long Run	Rest
11 Apr. 24-30 39 Total Miles	Rest	8 miles with 4 miles at MP	8 miles Easy	8 miles Easy	5 miles Easy	10 miles Easy	Rest
12 May 1-7 44+ Total Miles	8 miles Easy	5 miles with 2 miles at MP	Rest	5 miles Easy	Rest	Rest Or complete the STEEL Challenge by MOVING in the Pittsburgh 5K Run!	 RACE DAY!