

# Full Training Cycle

## I. BASE

### 2 Months

- 1/2 Marathon - 3 runs per week  
Longest run 5 miles.\*
- Marathon - 3 runs per week  
Longest run 8 miles.\*

\*It is recommended that you have completed a run of this distance before beginning the training program.

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## II. BUILD

### Transition to Run

### 3 Months

- Increase run frequency (1 run per week)
- Begin endurance runs
- Begin tempo or hill run (optional)

## III. PERFORMANCE

### Race specific

### 1 Month

- Maintain run frequency
- Maximize endurance runs
- Continue tempo or hill run (optional)

## IV. TAPER/RACE

### Prepare to race

### 3 Weeks

- Maintain Frequency
- Decrease weekly mileage
- Decrease endurance runs

## V. POST RACE

### Recovery

### 1 Month

- 1<sup>st</sup> week: Easy running or x-training every other day.
- 2<sup>nd</sup> and 3<sup>rd</sup> week: Easy running or x-training every day.
- 4<sup>th</sup> week: Resume BASE training