

## ***DAMY Advanced 1/2 Marathon Program***

This schedule is extremely intense! Lets test it out and see what happens! You are going to have to be really on your nutrition and water to meet the demands of the program. Rest days are going to be just as important as running days (don't miss them or get anxious on them!). Let me know if you have any questions! Here we go!!!

<b>Week</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>	<b>Total</b>
<b>1</b>	R	Interval A W1	Run 3 Miles	Interval B W1	R	Interval C W1	Run 8 Miles	26 Miles
<b>2</b>	R	Interval A W2	Run 3 Miles	Interval B W2	R	Interval C W2	Run 8 Miles + 4 Min Hills	26 Miles
<b>3</b>	R	Interval A W3	Run 2 Miles	Interval B W3	R	Interval C W3	Run 6 Miles	24 Miles
<b>4</b>	R	Interval A W4	Run 3 Miles	Interval B W4	R	Interval C W4	Run 10 Miles + 6 Min Hills	28 Miles
<b>5</b>	R	Interval A W5	Run 4 Miles	Interval B W5	R	Interval C W5	Run 11 Miles	28 Miles
<b>6</b>	R	Interval A W6	Run 4 Miles	Interval B W6	R	Interval C W6	Run 8 Miles	30 Miles
<b>7</b>	R	Interval A W7	Run 4 Miles	Interval B W7	R	Interval C W7	Run 12 Miles + 8 Min Hills	32 Miles
<b>8</b>	R	Interval A W8	Run 4 Miles	Interval B W8	R	Interval C W8	Run 6 Miles	32 Miles
<b>9</b>	R	Interval A W9	Run 2 Miles	Interval B W9	R	Run 3 Miles (easy)	RACE DAY	

Interval A Week 1

Warm up – 5 Min Cardio of Choice

1x1200m – Marathon Pace (slowest)

Jog – 400m

2x800m – 10k Pace (medium)

Jog – 200m

4x200m – 5k Pace (fastest)

Jog – 200m

Cool Down – 5 Min Cardio of Choice

Interval B Week 1

Warm up – 5 Min Cardio of Choice

2x2 Miles – Marathon Pace (slowest)

Jog – 800m

4x100m – Sprint

Cool Down – 5 Min Cardio of Choice

Interval C Week 1

Warm up – 5 Min Cardio of Choice

Run – 4 Miles

4x100m – Sprint

Cool Down – 5 Min Cardio of Choice

Interval A Week 2

Warm up – 5 Min Cardio of Choice

1x1200m – Marathon Pace (slowest)

Jog – 400m

2x800m – 10k Pace (medium)

Jog – 200m

4x200m – 5k Pace (fastest)

Jog – 200m

Cool Down – 5 Min Cardio of Choice

Interval B Week 2

Warm up – 5 Min Cardio of Choice

2x2 Miles – Marathon Pace (slowest)

Jog – 800m

4x100m – Sprint

Cool Down – 5 Min Cardio of Choice

Interval C Week 2

Warm up – 5 Min Cardio of Choice

Run – 4 Miles

4x100m – Sprint

Cool Down – 5 Min Cardio of Choice

Interval A Week 3

Warm up – 5 Min Cardio of Choice

2x1200m – 10k Pace

Jog – 600m

1x800m – 10k Pace

Jog – 400m

1x400m – 5k Pace

Jog – 200m

Cool Down – 5 Min Cardio of Choice

Interval B Week 3

Warm up – 5 Min Cardio of Choice

Run 3 Miles

4x100m – Sprint

Cool Down – 5 Min Cardio of Choice

Interval C Week 3

Warm up – 5 Min Cardio of Choice

Run – 5 Km As Fast As Possible (Race)

Cool Down – 5 Min Cardio of Choice

Interval A Week 4

Warm up – 5 Min Cardio of Choice

2x1 Mile – 10k Pace

Jog – 800m

6x200m – 5k Pace

Jog – 200m

Cool Down – 5 Min Cardio of Choice

Interval B Week 4

Warm up – 5 Min Cardio of Choice

Run 4 Miles – Marathon Pace

Jog – 800m

Run 1 Mile – 10k Pace

6x100m – Sprint

Cool Down – 5 Min Cardio of Choice

Interval C Week 4

Warm up – 5 Min Cardio of Choice

Run – 5 Miles

6x100m - Sprint

Cool Down – 5 Min Cardio of Choice

Interval A Week 5

Warm up – 5 Min Cardio of Choice

2x1 Mile – 10k Pace

Jog – 800m

6x200m – 5k Pace

Jog – 200m

Cool Down – 5 Min Cardio of Choice

Interval B Week 5

Warm up – 5 Min Cardio of Choice

Run 4 Miles – Marathon Pace

Jog – 800m

Run 1 Mile – 10k Pace

6x100m – Sprint

Cool Down – 5 Min Cardio of Choice

Interval C Week 5

Warm up – 5 Min Cardio of Choice

Run – 5 Miles

6x100m - Sprint

Cool Down – 5 Min Cardio of Choice

Interval A Week 6

Warm up – 5 Min Cardio of Choice

2x800m – 5k Pace

Jog – 400m

1x400m – 5k Pace

Jog – 200m

1x200m – 5k Pace

Jog – 200m

1x1200m – Marathon Pace

Cool Down – 5 Min Cardio of Choice

Interval B Week 6

Warm up – 5 Min Cardio of Choice

Run 4 Miles

4x100m – Sprint

Cool Down – 5 Min Cardio of Choice

Interval C Week 6

Warm up – 5 Min Cardio of Choice

Run – 10 Km As Fast As Possible (Race)

Cool Down – 5 Min Cardio of Choice

Interval A Week 7

Warm up – 5 Min Cardio of Choice

2x1200m – 10k Pace

Jog – 600m

4x400m – 5k Pace

Jog – 200m

4x200m – 5k Pace

Jog – 100m

Cool Down – 5 Min Cardio of Choice

Interval B Week 7

Warm up – 5 Min Cardio of Choice

Run 4 Miles – Marathon Pace

Jog – 800m

1x800m – 10 K Pace

Jog – 400m

Run 2 Miles – Marathon Pace

Cool Down – 5 Min Cardio of Choice

Interval C Week 7

Warm up – 5 Min Cardio of Choice

Run 6 Miles

6x100m - Sprint

Cool Down – 5 Min Cardio of Choice

Interval A Week 8

Warm up – 5 Min Cardio of Choice

2x1200m – 10k Pace

Jog – 600m

4x400m – 5k Pace

Jog – 200m

4x200m – 5k Pace

Jog – 100m

Cool Down – 5 Min Cardio of Choice

Interval B Week 8

Warm up – 5 Min Cardio of Choice

Run 4 Miles – Marathon Pace

Jog – 800m

1x800m – 10 K Pace

Jog – 400m

Run 2 Miles – Marathon Pace

Cool Down – 5 Min Cardio of Choice

Interval C Week 8

Warm up – 5 Min Cardio of Choice

Run 6 Miles

6x100m - Sprint

Cool Down – 5 Min Cardio of Choice

Interval A Week 9

Warm up – 5 Min Cardio of Choice

4x400m – 10k Pace

Jog – 200m

2x200m – 5k Pace

Jog – 100m

Cool Down – 5 Min Cardio of Choice

Interval B Week 9

Warm up – 5 Min Cardio of Choice

2x400m – 10 K Pace

Jog – 200m

1x200m – 5 K Pace

Cool Down – 5 Min Cardio of Choice

## *Marathon Program Nutrition Notes*

We want you to stay hydrated with water during your run of course, but to avoid cramping and other problems we also want you to drink sports drinks. Make sure to bring enough gel packs with you. You want carbs that are absorbed quickly. You want to bring bananas and LARA bars as well.

I want you to find your own routine but most people find consuming the gel packs every 45 minutes works best. Many people time this with the water stations so they can wash them down. I have also heard of people consuming one 45 minutes before the race. That might be something you want to try (before the race in a practice run).

The night before I want you to have supper as usual. For the week of the race I want you to add carbs into your supper (1/2 to 1 cup – I want you to eat until you are satisfied – don't stuff yourself). Now, in saying that, I also want you to stay off the scale that week. This is because you will start to retain some water before the race (for some up to 4 pounds, but again it is just the carb induced water retention). The rest of your eating should be the same as usual.

For your morning breakfast the day of the race 2-3 hours before the race have your breakfast (oatmeal, blueberries, eggwhites, and water). Drink water up until 1 hour before the race. 45 Minutes before the race consume a banana or gel pack.

The day of the race you don't want to try anything new. In preparation you should do a pre-game day. Consume exactly what you are going to consume and see how you feel and what changes you may like to make.

Things to Bring Race day:

- Running clothes
- Running shoes
- Fruits (banana is top of choice here)
- Sports Bar/fruit bar (LARA bar and and sports bar of choice)
- Sport gels
- Sport drink
- Water

**Final Tip! - Catch the early water stops. Once you are dehydrated, you won't catch up.**

I can across this article and thought that you would enjoy reading it. Check it out:

<http://m.theglobeandmail.com/life/health/running/mind-over-marathon-how-to-keep-your-head-in-the-race/article1693239/?service=mobile>