2020 Novo Nordisk New Jersey Marathon
Beginner Training Plan

The Novo Nordisk New Jersey Marathon Beginner training plan is for runners looking to complete their first marathon and have some, even minimal running experience.

This plan is well suited for a runner who can currently run 5-6 miles or more comfortably and typically runs 10-20 miles a week. The plan is designed to help prepare you safely for your first marathon.

Plan Details:
Length - 20 weeks 3-4 weekly runs
First Week Mileage - 15 Miles : Peak Week Mileage - 35 Miles

The Beginner plan is designed for runners looking to complete their first marathon. The plan is focused on safely building up the runner's mileage to a point where the body is fully prepared for the 26.2 mile run on race day.

There is no single secret to success in training, but with consistent attention to detail and diligent training you can set yourself up for the best chance of success on race day!

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Keys to Success:

Long Runs

The long run is the cornerstone to this training plan. Your single run distance will grow from 6 wiles in week one to your longest pre-race run of 22 miles in week 17. The goal of these runs is to gradually prepare your body for the demands of running 26.2 miles.

All long runs should be run at a slow pace. Do not concern yourself with getting these runs done fast or running hard; the long runs should be performed at a pace that feels easy and allows you to cover the distance, which is the primary goal.

Mid-Week Training

While it is important that long runs be performed at a slow and steady pace, your mid-week runs are more flexible. The goal of these mid-week runs is to gradually increase the week-to-week demands on your body and increase your overall running mileage as the training plan progresses. Listen to your body during these runs. If you are feeling tired or sore, run slow; if you are feeling recovered and energetic, run a bit faster. However, during these runs, you should not go "all-out." Do not exhaust yourself on any one run.

Rest and Recovery

There are two rest days built into each week of this plan. As a new marathoner, it is important that you take your rest days seriously and understand this recipe for success.

Stress + Rest = Growth

In training, the goal is to stress your body and to increase that stress in gradual, small doses, but it is only when we rest and recover that the body can grow stronger.

Racing

Including a couple of shorter races in training prior to the marathon is a good tool not only for the demands of running but also the excitement and nervousness associated with race morning. This training plan identifies several weekends when it would be valuable to include shorter races into your training. If you can't do a race in that spot, simply run the planned distance as if it were a race.

Keys to Success:

Stretching and Mobility

While stretching and mobility is not a built-in part of this training plan, it is a critical component of preventing injury during training. Following every training run, you should plan to stretch for at least 10 minutes. Including frequent foam rolling and stretching sessions into your week outside of your planned training time is also a good idea to help keep you from getting overly stiff and inflexible during your marathon training.

Cross/ Strength Training

Cross-training days are included in this training plan. Cross-training is any training other than running that supports your success on race day, A good cross-training session supports running by utilizing and strengthening the often underutilized muscle groups in running. Activities like yoga and light weight lifting can be used to strengthen the runner's core, upper body, and hips.

Hydration and Nutrition

Staying fueled and hydrated is a key component to both training success and race day success. Your long runs are a great opportunity to practice your hydration and nutrition for race day. As a general rule of thumb, athletes should "drink to thirst." If you are thirsty, sip fluids. Do not guzzle or chug, but taking small sips of fluids regularly as your body craves them will keep you hydrated during your long runs and on race day. Athletes should also be eating carbohydrates during the race and long runs. The best way to know what your body needs is to practice during your long runs, but in general taking in 30-60 grams of carbohydrate every hour will leave you fueled for the entire 26.2.

When training and racing in summer months it is even more important to pay attention to hydration. Be sure to know the signs of dehydration and listen to your body, If you are feeling light headed, dizzy or weak you should stop and seek ways to cool off and replenish your fluids. Always drink fluids following a training run to replace some of what was lost during a hot run.

Taper

Following your final long run on week 17, this training plan will have you taper your training down. This portion of the training plan is very important; the goal is to gradually reduce your training to leave you feeling fresh, rested and strong on race day. It is important to have confidence during this point in training. You have done all the hard work, you are ready, do not overdo it now!

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	June 29th	June 30th Run 5 Miles	July 1st Cross Training	July 2nd Run 4 Miles	July 3rd Rest Day	July 4th Long Run 6 Miles	July 5th Cross Training
Week 2	July 6th Rest Day	July 7th Run 5 Miles	July 8th Cross Training	July 9th Run 4.5 Miles	July 10th Rest Day	July 11th Long Run 7 Miles	July 12th Cross Training
Week 3	July 13th Rest Day	July 14th Run 5 Miles	July 15th Cross Training	July 16th Run 5 Miles	July 17th Rest Day	July 18th Long Run 8 Miles	July 19th Cross Training
Week 4	July 20th Rest Day	July 21st Run 5 Miles	July 22nd Cross Training	July 23rd Run 5 Miles	July 24th Rest Day	July 25th 10k Race	July 26th Rest or Cross Training

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	July 27th	July 28th	July 29th	July 30th	July 31st	August 1st	August 2nd
	Rest Day	Run 5.5 Miles	Cross Training	Run 5 Miles	Rest Day	Long Run 9 Miles	Cross Training
Week 6	August 3rd	August 4th	August 5th	August 6th	August 7th	August 8th	August 9th
	Rest Day	Run 6 Miles	Cross Training	Run 5 Miles	Rest Day	Long Run 10 Miles	Cross Training
Week 7	August 10th	August 11th	August 12th	August 13th	August 14th	August 15th	August 16th
	Rest Day	Run 6 Miles	Cross Training	Run 5.5 Miles	Rest Day	Long Run 11 Miles	Cross Training
Week 8	August 17th	August 18th	August 19th	August 20th	August 21st	August 22nd	August 23rd
	Rest Day	Run 5 Miles	Cross Training	Run 5 Miles	Rest Day	10k Race	Rest or Cross Training

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	August 24th	August 25th	August 26th	August 27th	August 28th	August 29th	August 30th
	Rest Day	Run 6 Miles	Cross Training	Run 6 Miles	Rest Day	Long Run 13 Miles	Cross Training
Week 10	August 31st	September 1st	September 2nd	September 3rd	September 4th	September 5th	September 6th
	Rest Day	Run 7 Miles	Cross Training	Run 6.5 Miles	Rest Day	Run 5 Miles	Long Run 9 Miles
Week 11	September 7th	September 8th	September 9th	September 10th	September 11th	September 12th	September 13th
	Rest Day	Run 7 Miles	Cross Training	Run 6.5 Miles	Rest Day	Long Run 15 Miles	Cross Training
Week 12	September 14th	September 15th	September 16th	September 17th	September 18th	September 19th	September 20th
	Rest Day	Run 5 Miles	Cross Training	Run 5 Miles	Rest Day	Half Marathon or 10k Race	Rest or Cross Training

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Week 13	September 21st	September 22nd	September 23rd	September 24th	September 25th	September 26th	September 27th
	Rest Day	Run 7 Miles	Cross Training	Run 6.5 Miles	Rest Day	Long Run 17 Miles	Cross Training
Week 14	September 28th	September 29th	September 30th	October 1st	October 2nd	October 3rd	October 4th
	Rest Day	Run 7 Miles	Cross Training	Run 7 Miles	Rest Day	Run 6 Miles	Long Run 11 Miles
Week 15	October 5th	October 6th	October 7th	October 8th	October 9th	October 10th	October 11th
	Rest Day	Run 7 Miles	Cross Training	Run 7 Miles	Rest Day	Long Run 19 Miles	Cross Training
Week 16	October 12th	October 13th	October 14th	October 15th	October 16th	October 17th	October 18th
	Rest Day	Run 5 Miles	Cross Training	Run 5 Miles	Rest Day	Half-Marathon or 10k Race	Rest or Cross Training

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 17	October 19th	October 20th	October 21st	October 22nd	October 23rd	October 24th	October 25th
	Rest Day	Run 7 Miles	Cross Training	Run 7 Miles	Rest Day	Long Run 21 Miles	Cross Training
Week 18	October 26th	October 27th	October 28th	October 29th	October 30th	October 31st	November 1st
	Rest Day	Run 7 Miles	Cross Training	Run 6 Miles	Rest Day	Run 5 Miles	Long Run 12 Miles
Week 19	November 2nd	November 3rd	November 4th	November 5th	November 6th	November 7th	November 8th
	Rest Day	Run 6 Miles	Cross Training	Run 5 Miles	Rest Day	Run 12 Miles	Cross Training
Week 20	November 9th	November 10th	November 11th	November 12th	November 13th	November 14th	November 15th
	Rest Day	Run 4 Miles	Cross Training	Rest Day	Run 3 Miles	Rest Day	**RACE DAY** Novo Nordisk New Jersey Marathon