



## 2020 Novo Nordisk New Jersey Marathon Intermediate Training Plan



The Novo Nordisk New Jersey Marathon Intermediate Training Plan is for runners who are looking to improve their marathon training and/or times.

This plan is well suited for a runner who has been running consistently and has a few years of running experience, including a previous marathon or multiple half-marathon races.

This plan is designed to help you improve upon your previous marathon experience and get more out of your training.

### Plan Details:

Length - 20 weeks 4-5 weekly runs

First Week Mileage - 20 Miles : Peak Week Mileage - 38 Miles

The Intermediate plan is designed for runners looking to improve their marathon time. The plan is focused on building the runners training up and improving their running economy and aerobic endurance. Having covered the full marathon distance before, you have the confidence to do it again. This plan has your longest run at 20 miles, which allows you to focus on quality training.

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 7 miles in week one to your longest pre-race run of 20 miles in week 17. The long runs should be run at a pace slower than your target marathon time. The goal of these runs is not to be fast but to get comfortable running the distance and train your body to be more efficient. Do not rush these runs; running them too fast will not only defeat the intended purpose of these runs but will also leave you feeling unnecessarily fatigued.

#### Intervals

This plan includes some interval or speed-based workouts. These workouts will be noted in the training plan with the number of reps, the distance of each rep, and the pace you should target running each rep at. The recovery between each interval will also be noted and should be run at a slow, easy pace. For example:

Intervals

8x400 - R:200

5k-10k Pace

This would be a session in which you run 8 400-meter intervals at a pace between your 5k and 10k paces, the recovery between each 400-meter interval would be 200-meters at a slow run or brisk walk. It is also assumed in interval runs that you will spend at least 1-2 miles warming up before beginning the workout.

#### Race Prep Runs

Race prep runs will be noted in the training plan. The run distance includes roughly 1 mile of warm-up and cool down while the remainder of the run distance should be performed at a pace slightly faster than your target marathon pace. These runs are designed to grow your comfort with running at your target pace and help you to evaluate your goals as training goes on.

#### Recovery Runs

Recovery runs should be run intentionally slow; the goal of these runs is to help your body recover from harder more intense efforts that came before and prepare it for the efforts to come. They should be run even slower than your long runs. If you are exceptionally fatigued or sore on these days, you can shorten these runs even further.

#### Pace

For all runs that do not have a pace associated with them, you should run at a comfortable and easy pace. Do not push yourself during these runs, save it for your hard workouts and simply run the desired distance.



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### Keys to Success:

#### Rest and Recovery

There are one or two rest days built into each week of this plan; as you push your training a bit further 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.

#### 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
<b>Week 1</b>	June 29th	June 30th	July 1st	July 2nd	July 3rd	July 4th	July 5th
		Run 5 Miles	Recovery Run 3 Miles	Run 5 Miles	Rest Day	Long Run 7 Miles	Cross Training
<b>Week 2</b>	July 6th	July 7th	July 8th	July 9th	July 10th	July 11th	July 12th
	Rest Day	Run 5 Miles	Recovery Run 3 Miles	Interval Run 8x 400m - R:400m 5k-10k Pace	Rest Day	Long Run 8 Miles	Cross Training
<b>Week 3</b>	July 13th	July 14th	July 15th	July 16th	July 17th	July 18th	July 19th
	Rest Day	Run 6 Miles	Recovery Run 3 Miles	Run 5 Miles	Rest Day	Long Run 9 Miles	Cross Training
<b>Week 4</b>	July 20th	July 21st	July 22nd	July 23rd	July 24th	July 25th	July 26th
	Rest Day	Run 5 Miles	Recovery Run 3 Miles	Run 5 Miles	Rest Day	10K Race	Rest or Cross Training



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 5</b>	July 27th	July 28th	July 29th	July 30th	July 31st	August 1st	August 2nd
	Rest Day	Run 6 Miles	Recovery Run 3 Miles	Interval Run 5x 800m - R:400m 5k-10k Pace	Rest Day	Long Run 10 Miles	Cross Training
<b>Week 6</b>	August 3rd	August 4th	August 5th	August 6th	August 7th	August 8th	August 9th
	Rest Day	Run 6 Miles	Recovery Run 3 Miles	Run 6 Miles	Cross Training	Run 4 Miles	Race Prep Run 7 Miles
<b>Week 7</b>	August 10th	August 11th	August 12th	August 13th	August 14th	August 15th	August 16th
	Rest Day	Run 6 Miles	Recovery Run 3 Miles	Interval Run 11x 400m - R:400m 5k-10k Pace	Rest Day	Long Run 11 Miles	Cross Training
<b>Week 8</b>	August 17th	August 18th	August 19th	August 20th	August 21st	August 22nd	August 23rd
	Rest Day	Run 5 Miles	Recovery Run 3 Miles	Run 5 Miles	Rest Day	10K or 10 Miles Race	Rest or Cross Training



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 9</b>	August 24th	August 25th	August 26th	August 27th	August 28th	August 29th	August 30th
	Rest Day	Run 7 Miles	Recovery Run 3 Miles	Interval Run 4x 1200m - R:400m 10k Pace	Rest Day	Long Run 12 Miles	Cross Training
<b>Week 10</b>	August 31st	September 1st	September 2nd	September 3rd	September 4th	September 5th	September 6th
	Rest Day	Run 7 Miles	Recovery Run 3 Miles	Run 7 Miles	Cross Training	Run 4 Miles	Race Prep Run 9 Miles
<b>Week 11</b>	September 7th	September 8th	September 9th	September 10th	September 11th	September 12th	September 13th
	Rest Day	Run 7 Miles	Recovery Run 3 Miles	Interval Run 7x 800m - R:400m 5k-10k Pace	Rest Day	Long Run 14 Miles	Cross Training
<b>Week 12</b>	September 14th	September 15th	September 16th	September 17th	September 18th	September 19th	September 20th
	Rest Day	Run 5 Miles	Recovery Run 3 Miles	Run 5 Miles	Rest Day	Half-Marathon Race	Rest or Cross Training



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 13</b>	September 21st	September 22nd	September 23rd	September 24th	September 25th	September 26th	September 27th
	Rest Day	Run 8 Miles	Recovery Run 3 Miles	Interval Run 5x 1200m - R:400m 10k Pace	Rest Day	Long Run 16 Miles	Cross Training
<b>Week 14</b>	September 28th	September 29th	September 30th	October 1st	October 2nd	October 3rd	October 4th
	Rest Day	Run 7 Miles	Recovery Run 3 Miles	Run 8 Miles	Cross Training	Run 5 Miles	Race Prep Run 11 Miles
<b>Week 15</b>	October 5th	October 6th	October 7th	October 8th	October 9th	October 10th	October 11th
	Rest Day	Run 8 Miles	Recovery Run 3 Miles	Interval Run 8x 800m - R:400m 5k-10k Pace	Rest Day	Long Run 18 Miles	Cross Training
<b>Week 16</b>	October 12th	October 13th	October 14th	October 15th	October 16th	October 17th	October 18th
	Rest Day	Run 5 Miles	Recovery Run 3 Miles	Run 5 Miles	Rest Day	10K or 10 Mile Race	Rest or Cross Training



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 17</b>	October 19th	October 20th	October 21st	October 22nd	October 23rd	October 24th	October 25th
	Rest Day	Run 8 Miles	Recovery Run 3 Miles	Interval Run 4x 1600m - R:400m 10k Pace	Rest Day	Long Run 20 Miles	Cross Training
<b>Week 18</b>	October 26th	October 27th	October 28th	October 29th	October 30th	October 31st	November 1st
	Rest Day	Run 5 Miles	Recovery Run 3 Miles	Run 6 Miles	Cross Training	Run 3 Miles	Race Prep Run 13 Miles
<b>Week 19</b>	November 2nd	November 3rd	November 4th	November 5th	November 6th	November 7th	November 8th
	Rest Day	Run 5 Miles	Recovery Run 3 Miles	Interval Run 10x 400m - R:400m 5k-10k Pace	Rest Day	Long Run 11 Miles	Cross Training
<b>Week 20</b>	November 9th	November 10th	November 11th	November 12th	November 13th	November 14th	November 15th
	Rest Day	Run 4 Miles	Rest Day	Rest Day	Run 2-3 Miles	Rest Day	<b>RACE DAY</b>  Novo Nordisk New Jersey Marathon