

Marathon Program Details:

This Program is designed for Runners who are running 3-4 times per week, and up to 40-60 minutes continuously. Once you complete your 2K Time Trial you can send your time and Average Heart Rate (if you have a Heart Rate Monitor) to Craven SPORT services by email (css@cravensportservices.ca). The trainers at Craven will then send you a print out of your appropriate training zones in a running summary.

How to Read the Program:

- 30-40' = Run for 30 to 40 minutes continuously
- HR<140bpm = Try to run at a speed that will maintain a Heart Rate that is close to or below 140 beats per minute
- 3'SB = 3 minute Set Break – Please remember that for any Set Break during and Interval run, you can increase the Set Break (lengthen) to help you be able to maintain the fast pace consistently.
- All Set Breaks are to be Run at Zone 1 – OR – walk for half of the Set Break and run for half of the Set Break at Zone 1
- Days that have 2 runs (separated by a zig-zag line) mean to complete the first run in the morning and the second run in the afternoon or evening. Try to have at least 6 hours between these runs
- 2x30"jog30"Accels/2'SB = Complete the following 2 times: Jog for 30 seconds, accelerate for 30 seconds, walk/jog for 2 minutes Set Break at Z1
- @Z1 = Run at Zone 1 (for any zone)
- Warm-up: Complete the designated Warm-up
- Cool-down: Complete the designated Cool-down
- 75': 5x60" @Z3, 5' SB HR<140bpm = During your 75 minute Run: complete 5, 60 seconds runs @ Z3 with a 5 minute Set Break @ Z1 pace between each 60 seconds.

Warm-up:

- 3 minute Jog
- Running Drills: 10/leg
 - Marching/Skipping A
 - Straight Leg Hip Flexion
 - Bum Kicks
 - Lunge Walk to A
 - Straight Leg Deadlift to A
- 2 minute Jog
- 3 x 30" Accels with 60" SB
- 3 minute Jog

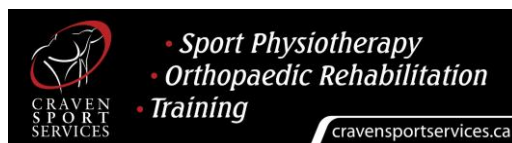
Cool-down:

- 10' EASY Jog, HR<140bpm
- 10' Walk

For further detail on how to warm up, cooldown, and a visual of running drills, visit the Mindful Runner series or the Marathon Series on the Craven SPORT services youtube channel.

(Mindful runner : <https://www.youtube.com/playlist?list=PLDLX24iGZVfxdyHcAEAzELaGXslXgZuWY>)

(Sask Marathon : <https://www.youtube.com/playlist?list=PLDLX24iGZVfyMmYIvoqVoV1TbeXd8mJVz>)



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