

RUN Sip SAVOR

TRAINING PLAN PREVIEW

-Comprehensive, race specific training

-Training tips from coaches

-Race week/race day tips

-Training plans for different levels

-Training tools to supplement your training on FB and Instagram

9-11 mile long run on roads. Whenever possible for longer runs, do them on the roads to mimic the pounding you will experience in your road marathon	5 mile recovery run on soft surface, optional off day	20 min run. 3-4 x 4 minutes @ 10-15 seconds slower than your goal marathon pace with 2 minutes of jogging rest between each run, 15 min run	off	6 mile run overall averaging 20-30 seconds slower than marathon pace	15 min easy run. 8-10 x 400 @ a mile pace 5-7 seconds faster than marathon pace w/ 60-90 seconds rest, 15 min easy run
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LINK UP WITH TRAINING PARTNERS

Check out our @soundrunning [Facebook page](#), go to your event tab, and see who else is following the same event training program. You might find a training partner, share workout stories, and even get feedback from your coaches.

	51:16	1:01:31	1:22:30	1:48:09	3:36:18					
	52:49	1:03:23	1:25:00	1:51:26	3:42:52					
	54:22	1:05:14	1:27:30	1:54:42	3:49:25					
	55:56	1:07:06	1:30:00	1:57:59	3:55:58					
	57:29	1:08:58	1:32:30	2:01:15	4:02:32					
	59:02	1:10:50	1:35:00	2:04:32	4:09:05					
	9:30	19:00	29:31	38:00	47:30	59:02	1:10:50	1:35:00	2:04:32	4:09:05
	9:45	19:30	30:18	39:00	48:45	1:00:35	1:12:42	1:37:30	2:07:49	4:15:38
	10:00	20:00	31:04	40:00	50:00	1:02:08	1:14:34	1:40:00	2:11:05	4:22:11
	10:30	21:00	32:37	42:00	52:30	1:05:15	1:18:17	1:45:00	2:17:39	4:35:18
	11:00	22:00	34:11	44:00	55:00	1:08:21	1:22:01	1:50:00	2:24:12	4:48:25
	11:30	23:00	35:44	36:00	57:30	1:11:28	1:25:45	1:55:00	2:30:45	5:01:31
	12:00	24:00	37:17	48:00	1:00:00	1:14:34	1:29:28	2:00:00	2:37:18	5:14:38

[BEGINNER]

[INTERMEDIATE]

[ADVANCED]