

# Kurtis Sports Management

**Marathon - Ace Training Program**

**By Doug Kurtis**

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	TOTAL
1	10	4	5 pace	5	6 pace	Rest	5	35
2	10	3	5 pace	5	6	Rest	5	34
3	10	3	5 track	6	7 pace	Rest	5	36
4	9	3	5 pace	6	7	Rest	6	36
5	7+7	3	6 track	6	7 pace	Rest	6	42
6	13	3	6 track	7	8	Rest	6	43
7	7+7	3	6 pace	7	8	Rest	5	43
8 R	8 - 10km Race	3	5	6	8 pace	Rest	6	34
9	14	3	6 track	8	8	Rest	7	46
10	8+8	4	6 track	8	8 pace	Rest	7	49
11	15	4	6 track	8	8	Rest	5	46
12 R	10km - 13.1m Race	4	6	7	9 pace	Rest	8	47
13	16	5	6 track	9	8	Rest	8	52
14	8+8	5	6 track	9	8 pace	Rest	7	51
15	18	5	7 pace	10	8	Rest	5	53
16 R	10km - 13.1m Race	5	6	9	8 pace	Rest	7	48
17	8+8	5	7 track	10	8	Rest	7	53
18	20	4	6 track	5	7 pace	Rest	8	50
19	14	3	7 pace	4	4	Rest	6	38
20	7	2	Rest	2	2	Rest	Rest	13
21	26.2 Mile Race	Rest	2	3	3	Rest	3	37
22	Rest	4	3	4	5	Rest	4	20

**Total 906**

**Pace** 2 mile warm up, race pace or slower but hard continuous running  
1 mile warm down

**7 + 7** Two workouts of seven miles each (same day - minimum 3 hours apart)

**Track:** All options - 2 mile warm up; 1 mile warm down

- [ 1 ] 8 x 800 meter with 200 meter rest in between
- [ 2 ] Ladder - 400m / 800m / 1200m / 1600m with 400 meter rest
- [ 3 ] 4 x 1 mile w/ 400 meter rest
- [ 4 ] 12 x 400 meter with 200m rest

Find a constant pace at race pace or faster for all of your speed work on the track