

# Kurtis Sports Management

Marathon Advanced Training Program

By Doug Kurtis

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	TOTAL
1	8	4	5 pace	5	3	Rest	5	30
2	9	3	5 pace	5	3	Rest	5	30
3	10	3	5 track	6	3	Rest	5	32
4	9	3	5 pace	6	3	Rest	6	32
5	6 + 7	3	6 track	6	3	Rest	6	37
6	13	3	6 pace	7	3	Rest	6	38
7	6 + 7	3	6 pace	7	4	Rest	5	38
8	5-8km Race	3	5	6	4	Rest	6	29
9	14	3	6 track	8	4	Rest	7	42
10	7 + 7	4	6 track	8	4	Rest	7	43
11	15	4	6 pace	8	4	Rest	5	42
12	8-10km Race	4	6	7	4	Rest	8	35
13	16	5	6 track	9	5	Rest	8	49
14	8 + 8	5	6 track	9	5	Rest	7	48
15	18	5	7 pace	10	5	Rest	5	50
16	8-15km Race	5	6	9	5	Rest	7	41
17	8 + 8	5	7 track	10	5	Rest	7	50
18	20	4	6 pace	5	4	Rest	8	47
19	14	3	7	4	4	Rest	8	40
20	7	2	Rest	2	2	Rest	Rest	13
21	26.2 Mile Race	Rest	2 walk	2 walk	3	Rest	3	36
22	Rest	2	2 walk	2	3	Rest	3	12

**Total 814**

**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 ] 6 x 800 meter with 200 meter rest in between
- [ 2 ] Ladder - 400m / 800m / 1200m / 1600m with 400 meter rest
- [ 3 ] 3 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