

## TIMEX® Marathon Train Smarter™ Plan *by Dave Scott*

**Training Plan:** Marathon  
**Training Level:** Fitness Athlete  
**Training Weeks:** 12  
**Hours Per Week:** 3 - 6

### **Description:**

If you've ever dreamed of running a marathon this 12 week program is the perfect invitation. Each week is progressive in workload but also includes recovery days. I've added key marker sets throughout the cycle to establish your race pace. The guess work in preparation is covered; all you need is 3 to 6 hours a week to be ready for your event

### **Key Principles:**

You may wish to familiarize yourself with the glossary of [terms](#) prior to utilizing this plan. Below are a few to know:

**Marker Sets (MS)** - are test sets that will be included throughout your cycle. By comparing specific workouts throughout your plan, you can evaluate your progress. The sets allow you to evaluate your progress by evaluating heart rates, workloads, sendoff, repeat times, speed, perceived exertion and power. Marker sets are the true predictors of your potential race performance.

L-1 pace is approximately 12-15" faster than aerobic pace and 10 beats higher than your aerobic heart rate. On shorter repeats you may not see a rise in heart rate- use pace. L-2 is approx. 25-30" faster than aerobic pace and 20 beats higher. For information on products that help track your training click [here](#).

**Aerobic Heart Rate / Pace (A)** - Talking about the aerobic heart zone, ideal heart rate should be about 70 - 80% of maximum heart rate. This endurance-training zone helps in improving your cardiovascular development and also it helps in strengthening your heart.

Week	Workout	Workout	Notes
One	1	Main Set: 45'	Easy to moderate pace  After 2 miles, hold HR steady. Record: pace per mile, Percieved Effort ( <b>PE</b> ), average HR
	2	Main Set: 1.5 miles <b>Aerobic (A)</b> + 6 x 10 Pick-ups ( <b>PU</b> ) with Rest Intervals ( <b>RI</b> ) :30", Repeat 3x	
	3	Marker Set: 9 miles ( <b>A</b> )	

Week	Workout	Workout	Notes
Two	1	Main Set: 45' of 20' easy and 25' ( <b>A</b> )	L-1 pace is :12-:15" faster per mile than Race Pace ( <b>RP</b> )
	2	Main Set: 1.5 miles ( <b>A</b> ) + 6 x :15" <b>PU</b> with <b>RI</b> of :30", Repeat 3x	
	3	Marker Set: 2 miles ( <b>A</b> ) + 1 mile at 6-10 beats higher than (L-1), Repeat 3x + 2 miles ( <b>A</b> ) at the end	

Week	Workout	Workout	Notes
Three	1	Main Set: 50' of 10' easy + 15' ( <b>A</b> ), Repeat 2x Second Set: 8 x 1' at 1' faster per mile than ( <b>A</b> ) Marker Set. <b>RI</b> :30" jog	L-1 pace is :12-:15" faster per mile than <b>RP</b>
	2	Main Set: 1.5 miles ( <b>A</b> ) + 6 x :25" <b>PU</b> with <b>RI</b> of :30", Repeat 4x	
	3	Marker Set: 1.5 miles ( <b>A</b> ) + 1.5 miles at L-1, Repeat 4x.	

Week	Workout	Workout	Notes
Four	1	Main Set: 60' of 10' easy + 2' very hard, Repeat 5x	L-2 pace is approx. :25-:35" faster per mile than <b>RP</b>
	2	Main Set: 1 mile ( <b>A</b> ) + 6' at L-1 to L-2), Repeat 3x	
	3	Main Set: 1.5 miles ( <b>A</b> ) + 2 miles at <b>RP</b> , Repeat 4x	

Week	Workout	Workout	Notes
Five	1	Main Set: 56' total of 8' ( <b>A</b> ) + 4' hard with <b>RI</b> of 2', Repeat 4x	
	2	Main Set: 6 x 4' with <b>RI</b> :90" at L-1 to L-2 ( <b>HR</b> ) Second Set: 30' ( <b>A</b> )	
	3	Main Set: 1.5 miles ( <b>A</b> ) + 2 miles at <b>RP</b> , Repeat 4x + 1 mile easy at the end	

Week	Workout	Workout	Notes
Six	1	Main Set: 56' total of 8' ( <b>A</b> ) + 4' hard with <b>RI</b> of 2', Repeat 4x	Your goal on the 4' very hard is to hold approx. 1:15 to 1:25 faster than ( <b>A</b> ) pace
	2	Main Set: 6 x 4' with <b>RI</b> :90" at L-1 to L-2 ( <b>HR</b> ) Second Set: 30' ( <b>A</b> )	
	3	Marker Set: 16 miles ( <b>A</b> )	Compare variables from week #1 and adjust accordingly

Week	Workout	Workout	Notes
Seven	1	Main Set: 4 x 5' very hard with <b>RI</b> 4' Second Set: :25' ( <b>A</b> )	No break between Main Set and Second Set
	2	Main Set: 6 x 5' with <b>RI</b> :30" at L-1 Second Set: 10' ( <b>A</b> ) + 6 x 3' at L-2 with <b>RI</b> :45"	
	3	Main Set: 6 miles of 2 miles ( <b>A</b> ) + 1 mile at L-1, Repeat <b>2x</b> Second Set: 2 miles ( <b>A</b> ) + 1 mile at <b>RP</b> , Repeat 2x	

<b>Week</b>	<b>Workout</b>	<b>Workout</b>	<b>Notes</b>
<b>Eight</b>	<b>1</b>	Main Set: 4 x 5' very hard with <b>RI</b> 4' Second Set: :25" ( <b>A</b> )	
	<b>2</b>	Main Set: 6 x 5' with <b>RI</b> :30" at L-1 Second Set: 10' ( <b>A</b> ) + 6 x 3' at L-2 with <b>RI</b> :45"	
	<b>3</b>	Main Set: 12 miles of 3 miles ( <b>A</b> ) + 1 mile (L-1) + 1 mile ( <b>A</b> ) + 1 mile (L-1), Repeat 2x Second Set: 1 mile ( <b>A</b> ) + 1 mile at <b>RP</b> 3x	No break between Main Set and Second Set

<b>Week</b>	<b>Workout</b>	<b>Workout</b>	<b>Notes</b>
<b>Nine</b>	<b>1</b>	Main Set: 3 x 7' very hard with <b>RI</b> 4' Second Set: 30' ( <b>A</b> )	
	<b>2</b>	Main Set: 6 x 7' of 4' at L-1 + 3' at L-2 with <b>RI</b> :30" Second Set: 6 x 3' of 1' at L-3 + 2' at L-2 with <b>RI</b> :45"	
	<b>3</b>	Main Set: 20 miles of 1 mile ( <b>A</b> ) + 2 miles (L-1), Repeat 5x + 5 miles at <b>RP</b>	

<b>Week</b>	<b>Workout</b>	<b>Workout</b>	<b>Notes</b>
<b>Ten</b>	<b>1</b>	Main Set: 7' + 7' + 6' + 6' very hard with <b>RI</b> 4' Second Set: 35' ( <b>A</b> )	
	<b>2</b>	Main Set: 6 x 7' of 4' at L-1 + 3' at L-2 with <b>RI</b> :30" Second Set: 6 x 3' of 1' at L-3 + 2' at L-2 with <b>RI</b> :45"	
	<b>3</b>	Main Set: 22 miles of 1 mile ( <b>A</b> ) + 2 miles (L-1), Repeat 5x + 5 miles at <b>RP</b> + 2 miles L-1	

<b>Week</b>	<b>Workout</b>	<b>Workout</b>	<b>Notes</b>
<b>Eleven</b>	<b>1</b>	Main Set: 6 x 4' very hard with <b>RI</b> 3' Second Set: 35' ( <b>A</b> )	
	<b>2</b>	Main Set: 3 sets of 6 x 3'	Set #1 at L-2 to L-3 with <b>RI</b> :90", Set #2 at L-1 with <b>RI</b> :30", Set #3 at <b>RP</b> with <b>RI</b> :15"
	<b>3</b>	Main Set: 12 miles of 2 miles ( <b>A</b> ) + 1 mile at L-1, Repeat 2x Second Set: 2 miles ( <b>A</b> ) + 1 mile at <b>RP</b> , Repeat 2x	

<b>Week</b>	<b>Workout</b>	<b>Workout</b>	<b>Notes</b>
<b>Twelve</b>	<b>1</b>	Main Set: 3 x 2' very hard + 1 mile easy, Repeat 2x Second Set: 20" ( <b>A</b> )	
	<b>2</b>	Main Set: 10' ( <b>A</b> ) + 6 x 3' with <b>RI</b> 1' at L-1 Second Set: 20' ( <b>A</b> )	
	<b>3</b>	Main Set: 6 miles of 1/2 mile ( <b>A</b> ) + 1/2 mile at <b>RP</b>	