

HAMPTONS BEGINNER MARATHON PROGRAM

WEEK	WEEK OF	MON	TUES	WED	THURS	FRI	SAT	SUN	VO2 INTERVALS
1	6/10/19	REST	X-TRAIN	TEMPO 3.5	REST	3	VO2 INTERVALS 4	9	3X4 MIN
2	6/17/19	REST	X-TRAIN	TEMPO 4	REST	3	VO2 INTERVALS 5	10	2X (4/3/2 MIN)
3	6/24/19	REST	X-TRAIN	TEMPO 4.5	REST	4	VO2 INTERVALS 4	11	6X2 MIN
4	7/1/19	REST	X-TRAIN	TEMPO 5	REST	4	VO2 INTERVALS 3.5	10	4X YASSO 800S***
5	7/8/19	REST	X-TRAIN	TEMPO 4.5	REST	4	VO2 INTERVALS 4.5	12	LADDER 3/4/5/6
6	7/15/19	REST	X-TRAIN	TEMPO 5	REST	4	VO2 INTERVALS 5	14	6X3 MIN
7	7/22/19	REST	X-TRAIN	TEMPO 5	REST	4	VO2 INTERVALS 5	11	4X1200M
8	7/29/19	REST	X-TRAIN	TEMPO 5	REST	5	VO2 INTERVALS 5	14	2X (4/3/2 MIN)
9	8/5/19	REST	X-TRAIN	TEMPO 5.5	REST	6	VO2 INTERVALS 4.5	16	8X2 MIN
10	8/12/19	REST	X-TRAIN	TEMPO 5.5	REST	6	VO2 INTERVALS 4	12	5X2 YASSO 800S***
11	8/19/19	REST	X-TRAIN	TEMPO 5	REST	4	VO2 INTERVALS 5.5	14	LADDER 3/4/5/6/7
12	8/26/19	REST	X_TRAIN	TEMPO 5.5	REST	6	VO2 INTERVALS 5	18	5X4 MIN
13	9/2/19	REST	X-TRAIN	TEMPO 6	REST	3	VO2 INTERVALS 5	15	7X3 MIN
14	9/9/19	REST	X-TRAIN	TEMPO 5	REST	5	VO2 INTERVALS 5	20	10X2 MIN
15	9/16/19	REST	X-TRAIN	TEMPO 4	REST	8	VO2 INTERVALS 3.5	14	2X4 MIN
16	9/23/19	REST	4 MP	TEMPO 3	3 EASY	REST	MARATHON 26.2!		

(MARATHON PACE)

Tempo pace is somewhere between 10K and 1/2 marathon race pace.
It should feel slightly uncomfortable yet sustainable.

Most VO2 intervals are 2:1 Work:Rest ratios. Rest is slow but active. Walking or slow jogging.
VO2 intervals should be run around 5K race pace. They should feel challenging. This pace is not sustainable for long periods.

***Yasso 800s are a marathon workout developed by Bart Yasso. Yasso 800s are 1:1 Work:Rest ratio.

The theory is to run an 800m (1/2 mile) at a time that matches your goal marathon time.

For example, if your goal marathon time is 3 hours, 30 minutes, then you would aim for a 3 minute, 30 second 800 m.

After the interval, you get the same amount of rest, so in this case, 3:30 of rest, and then repeat.

* Estimated mileage based on 10 minute per mile average pace.

Mileage will vary according to pace of intervals, rest intervals, warm-up, and cool down.