

Eight Week Marathon Training Plan and Beyond

Somehow, life has gone completely haywire for me and all of my original marathon training plans have gone to shit. I went from a well thought out Marathon Training Program through my Nike + App to scrambling wondering what the hell is going to help me attain my 2017 goals of achieving a PR (personal record) at one of my many fall marathon commitments.

While this plan may not be for you, especially since I'm simply sharing my own personal regimen, maybe this will help the procrastinator or the severely fucked over person like me get their shit together. Welcome to my eight week marathon training plan (and beyond).

Eight weeks is seriously pushing it for a marathon but it's definitely doable. Perhaps this will lay down a foundation for you (or a friend) who threw themselves into a trigger finger on the keyboard. If you scroll down further, you will even see that I have my training regimen for weeks beyond the first marathon because I happened to sign up for several with a two month period: Chicago Marathon, TCS NYC Marathon and two weeks later, the NYRR 60K (...yeah, that's an ultra-marathon equivalent to 37.2 or 37.6 miles). Yeah, pray for me. This can be done (and hopefully without injury).

Mentally, I am battling a marathon of my own but if I truly commit to this, I know that I will prevail (with at least 4 of my toe nails intact).

Eight Week Marathon Training Schedule

(Includes Cross Training and Strength Training Schedule)

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Rest Day	Easy Run: 5 Miles, Strength Training	Speed Drills: 400s x 10, Cross Training	Long Run, 13.1 Miles	Easy Run, 5 Miles: Strength Training	Easy Run, 7 Miles	Cross Training/Opt. Rest Day
2	Rest Day	Easy Run: 5 Miles, Strength Training	Speed Drills: 400s x 10, Cross Training	Long Run, 15 Miles	Easy Run, 5 Miles: Strength Training	Fartlek Run, 6 Miles	Cross Training/Opt. Rest Day
3	Rest Day	Easy Run: 5 Miles, Strength Training	Speed Drills: 400s x 10, Cross Training	Long Run, 16 Miles	Easy Run, 5 Miles: Strength Training	Easy Run, 8 Miles	Cross Training/Opt. Rest Day
4	Rest Day	Easy Run: 5 Miles, Strength Training	Speed Drills: 400s x 10, Cross Training	Long Run, 14 Miles	Easy Run, 5 Miles	Fartlek Run, 8 Miles	Cross Training/Opt. Rest Day
5	Rest Day	Easy Run: 5 Miles, Strength Training	Speed Drills: 400s x 10, Cross Training	Long Run, 18 Miles	Easy Run: 5 Miles	Easy Run, 10 Miles	Cross Training/Opt. Rest Day
6	Rest Day	Easy Run: 5 Miles, Strength Training	Speed Drills: 400s x 10, Cross Training	Long Run, 20 Miles	Easy Run: 5 Miles	Fartlek Run, 5 Miles	Rest Day
7	10 Mile Run	Easy Run: 5 Miles, Strength Training	Speed Drills: 400s x 10, Cross Training	Long Run, 12 Miles	Easy Run: 5 Miles	Cross Training	Rest Day
8	10K Run	Easy Run: 5 Miles, Strength Training	Speed Drills: 400s x 10, Cross Training	Long Run, 10 Miles	Easy Run: 5 Miles, Carb/Protein Loading Begins	Rest Day	Pre-Marathon 2 – 3 Mile Run
9	Race Day! Chicago Marathon <i>(or your marathon here)</i>						

...and Beyond

From here, I will be continuing my training because I have the TCS New York City Marathon. Perhaps, you're doubling, tripling or even quadrupling your medal possibilities. I put nothing past my beloved runner's community. (OH DEAR...OUR KNEEEEEESSSSSS) Again, I'm not an expert but here's the regimen that I created that I'll be following weeks after the Chicago Marathon:

Extended Training for TCS NYC Marathon & NYRR 60K (Including Cross Training & Strength Training)

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	Chicago Marathon, 26.2 Miles	Shakeout Run, 3 Mile, Easy Pace	Rest Day	Easy Run, 4 Miles	Easy Run, 5 Miles, Light Strength Training	Rest Day	Pre-Race Run, 2 Miles
10	Denver Rock n Roll 10k (?)	Easy Run, 5 Miles	Rest Day	Rest Day	Easy Run, 5 Miles, Light Strength Training	Fartlek 5 Miles Run	Easy Pace, 10 Mile Run
11	Tour de Bronx, 10 Mile Run	Easy Run, 5 Miles	Rest Day	Long Run, 20 Miles	Easy Run, 5 Miles	Speed Drills: 400s x 10, Cross Training	Strength Training and Opt Cross Training
12	Tempo Run, 7 Miles	Easy Run, 5 Miles Strength Training	Rest Day	Long Run, 10 Miles	Easy Run, 5 Miles, Carb/Protein Loading Begins	Rest Day	Pre-Marathon Easy Run, 3-5 Miles
13	TCS NYC Marathon, 26.2 Miles	Shakeout Run, 3 Miles, Easy Pace	Rest Day	Easy Run, 5 Miles	Easy Run, 5 Miles	Easy Run, 5 Miles, Strength Training	Rest Day
14	Rest Day	Long Run, 12 Miles, Strength Training	Rest Day	Easy Run, 5 Miles, Carb/Protein Loading Begins	Easy Run, 5 Miles	Pre-Ultra Marathon Easy Run, 2 Miles	NYRR 60K
15	Race to Deliver 4 Mile Run (Shakeout Run)	REST LIKE HELL AND EAT ALL OF THE FOOD!					

Other Things That Come with the Territory

What's your food going to look like?

For protein, I will heavily be relying on chicken, fish, turkey breast, beans and lentils. For carbs, I will be mixing up a variety like quinoa, grains, oatmeal, sweet potatoes and limiting my intake on rice and pasta. I'll continue to eat fruits but wary of when I eat fruits loaded with fiber before my run to avoid runner's trots. Every person responds differently so experiment to see what works for you. My vegetable intake will be with 4 of my 5/6 meals a day (2 – 3 snacks with 3 regular meals). Considering that I am in love with power lifting and cross training, my caloric intake will fluctuate between 2500 – 3000 calories daily on training days. Off days, it will be somewhere around the 1600 – 1800 calorie range.

Is weight loss part of the plan?

Realistically, I think it may make me actually retain or lose a drastic amount of weight. For two years, I saw both happen. You can exercise forever and not lose a single pound. Your diet dictates a lot, specifically the gut. If you are trying to lose weight while marathon training, please respect that you need an adequate amount of calories in for you to lose weight. It may sound weird but if you dig into my archives on Running Fat Chef's website, I talk about this a lot. I lost most of my weight by being conscious about what I ate AND actually eating regularly. 2500 calories of junk and 2500 calories of healthy food actually matters. Don't just eat any and every thing just because you're training. You will feel it on the pavement.

Can I modify this plan?

Uh, fuck yeah. This is MY personal training schedule and I just like sharing things that I do. Constantly, I'm asked what does my marathon training look like. Well, this is one time that I am fortunate enough to share it with you. Tweak things to your liking.

Any advice for ultra-runners?

Yeah...don't over think it and if you are using my regimen, do back to back long runs. (i.e. Wednesday, 16 miles and Thursday, 12 miles)

Well, I'm scared as hell...

Yeah, me too. I have been running since late 2013 and I'm still nervous. Being nervous keeps you humble but don't let it overwhelm you. Use it to your advantage and let it drive you. Follow your training while forgiving yourself on days that you may derail. Shit happens. Nobody's perfect.

Can I ask you questions if I'm stumped?

Sure. Hit my contact section on the website or dump your questions to runningfatchef@gmail.com. You can also DM me through Instagram: iamIshauntay, twitter: latoyashauntay or find me on Facebook: Running Fat Chef.