UNITED STATES NAVAL ACADEMY

MARATHON TEAM

26.2 = 42K

TRAINING SCHEDULE 2012

May to November

Perceived Exertion

Pick Up

Marathon Pace

Up Tempo

Warm Up

Cool Down

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

*Any questions feel free to email me at: **coach26.2@gmail.com***

USNA Marathon Team – 2012 Training Schedule

April 29, 2012 thru May 5, 2012

Sunday

Rest

Monday

Rest

Tuesday

30 – 40 Minute Run

OR

3 – 4 Mile Run

OR

10 min warm up – 10 min up tempo – 10 min cool down

Wednesday

45 – 50 Minute Run

OR

6 Mile Run

Thursday

45 to 55 Minute Run / 5 to 6 Mile Run / *A.K.A* Hill Workout

1.5 Mile w/up – 30 sec PE / 30 sec recovery /30 sec PE / 30 sec recovery / 30 sec PE / 2 Mile cool down

(Should be a total of 5 or 6 HARD 30 Second intervals)

Friday

30 – 40 Minute Run

OR

3 – 4 Mile Run

Saturday

Rest

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

*Any questions feel free to email me at: **coach26.2@gmail.com***

USNA Marathon Team – 2012 Training Schedule

May 6, 2012 thru May 12, 2012

Sunday

- **10 Mile Run**

AND / OR

- **60 Minute Run**

Monday

Rest

Tuesday

Rest

Wednesday

45 – 50 Minute Run

OR

5 – 7 Mile Run

OR

Ultimate Frisbee

Thursday

45 – 50 Minute Run

OR

5 – 7 Mile Run

OR

Ultimate Frisbee

Friday

Rest

Saturday

45 – 50 Minute Run

OR

5 – 7 Mile Run

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

Any questions feel free to email me at: coach26.2@gmail.com

May 13, 2012 thru May 19, 2012

Sunday

- **10 Mile Run**

Monday

Rest

Tuesday

30 – 40 Minute Run
OR
3 – 4 Mile Run

Wednesday

Rest

Thursday

30 – 40 Minute Run
OR
3 – 4 Mile Run

Friday

Rest

Saturday

30 – 40 Minute Run
OR
3 – 4 Mile Run

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

*Any questions feel free to email me at: **coach26.2@gmail.com***

May 20, 2012 thru May 26, 2012

Sunday

EASY 30 Minute Run

eas·y *adj.* **1.** Capable of being accomplished or acquired with ease; posing no difficulty:
an easy victory; an easy problem.

Monday

5 Mile Run

2 Mile Warm Up – 1 Mile Up Tempo – 2 Mile Cool Down.

Total time of run should be around 45 minutes.

Tuesday

Rest

Wednesday

5 Mile Run

2 Mile Warm Up – 1 Mile Up Tempo – 2 Mile Cool Down.

Total time of run should be around 45 minutes.

Thursday

Rest

Friday

Rest

Saturday

- **10 Mile Run**

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

Any questions feel free to email me at: coach26.2@gmail.com

May 27, 2012 thru June 2, 2012

Sunday

30 – 40 Minute Run
OR
3 – 4 Mile Run

Monday

Rest

Tuesday

Rest

Wednesday

45 to 55 Minute Run / 5 to 6 Mile Run / *A.K.A* Hill Workout
1.5 Mile w/up – 30 sec PE / 30 sec recovery /30 sec PE / 30 sec recovery / 30 sec PE / 2 Mile cool down
(Should be a total of 5 or 6 HARD 30 Second intervals)

Thursday

Rest

Friday

Rest

Saturday

- **10 Mile Run**

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

*Any questions feel free to email me at: **coach26.2@gmail.com***

June 3, 2012 thru June 9, 2012

Sunday

Rest

Monday

30 – 40 Minute Run
OR
3 – 4 Mile Run

Tuesday

30 – 40 Minute Run
OR
4 – 5 Mile Run
10 minutes of the Run should be UP-TEMPO.

Wednesday

Rest

Thursday

5 Mile Run
2 Mile Warm Up – 1 Mile Up Tempo – 2 Mile Cool Down.
Total time of run should be around 45 minutes.

Friday

30 – 40 Minute Run
OR
3 – 4 Mile Run

Saturday

Rest

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

*Any questions feel free to email me at: **coach26.2@gmail.com***

June 10, 2012 thru June 16, 2012

Sunday

- **10 Mile Run**

Monday

Rest

Tuesday

6 Mile Run

2 Mile Warm Up – 2 Mile Up Tempo – 2 Mile Cool Down.

Total time of run should be around 50 minutes.

Wednesday

EASY 30 Minute Run

eas·y *adj.* **2.** Requiring or exhibiting little effort or endeavor; undemanding:
took the easy way out of her problems; wasn't satisfied with easy answers.

Thursday

Rest

Friday

30 – 40 Minute Run

OR

3 – 4 Mile Run

Saturday

Rest

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

*Any questions feel free to email me at: **coach26.2@gmail.com***

USNA Marathon Team – 2012 Training Schedule

-16 ('til Steamtown Marathon)

June 17, 2012 thru June 23, 2012

Sunday

- **10 Mile Run**

Remember Boston is 16 weeks out. Make your training runs count.

Monday

6 Mile Run

2 Mile Warm Up – 2 Mile Up Tempo – 2 Mile Cool Down.

Total time of run should be around 50 minutes.

Tuesday

Rest

Wednesday

EASY 30 Minute Run

eas·y *adj.* **3.** Free from worry, anxiety, trouble, or pain: *My mind was easy, knowing that I had done my best.*

Thursday

30 – 40 Minute Run

OR

3 – 4 Mile Run

Friday

70 Minute Run / 10 Mile Run

20 Minute Warm Up – 5 x 800 (½ Mile) Intervals – 400 (¼) Mile Recovery – 20 Minute Cool Down.

(Pace for ½ Mile Interval should be your 26.2 Mile Time reduced to Minutes and Seconds.)

(I.E. Goal of a 2:50 Marathon should = ½ Mile interval at 2 Minutes and 50 Seconds – No Faster)

Thursday

5 Mile Run

2 Mile Warm Up – 1 Mile Up Tempo – 2 Mile Cool Down.

Total time of run should be around 45 minutes.

Saturday

Rest

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

*Any questions feel free to email me at: **coach26.2@gmail.com***

USNA Marathon Team – 2012 Training Schedule

-15 ('til Steamtown Marathon)

June 24, 2012 thru June 30, 2012

Sunday

- **10 Mile Run**

AND / OR

- **70 Minute Run**

Monday

5 Mile Run

2 Mile Warm Up – 1 Mile Up Tempo – 2 Mile Cool Down.

Total time of run should be around 45 minutes.

Tuesday

Rest

Wednesday

30 – 40 Minute Run

OR

3 – 4 Mile Run

Thursday

45 to 55 Minute Run / 5 to 6 Mile Run / *A.K.A* Hill Workout

1.5 Mile w/up – 30 sec PE / 30 sec recovery /30 sec PE / 30 sec recovery / 30 sec PE / 2 Mile cool down

(Should be a total of 5 or 6 HARD 30 Second intervals)

Friday

Rest

Saturday

Rest

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

Any questions feel free to email me at: coach26.2@gmail.com

USNA Marathon Team – 2012 Training Schedule

-14 ('til Steamtown Marathon)

July 1, 2012 thru July 7, 2012

Sunday

- **12 Mile Run**

Monday

30 – 40 Minute Run

OR

3 – 4 Mile Run

Tuesday

EASY 30 Minute Run

eas·y *adj.* **4.**

a. Affording comfort or relief; soothing: *soft light that was easy on the eyes.*

b. Prosperous; well-off: *easy living; easy circumstances.*

Wednesday

Rest

Thursday

5 Mile Run

2 Mile Warm Up – 1 Mile Up Tempo – 2 Mile Cool Down.

Total time of run should be around 45 minutes.

Friday

Rest

Saturday

30 – 40 Minute Run

OR

3 – 4 Mile Run

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

*Any questions feel free to email me at: **coach26.2@gmail.com***

USNA Marathon Team – 2012 Training Schedule

-13 ('til Steamtown Marathon)

July 8, 2012 thru July 14, 2012

Sunday

- **14 Mile Run**

Monday

30 – 40 Minute Run

OR

3 – 4 Mile Run

Tuesday

EASY 30 Minute Run

eas·y *adj.* **5.** Causing little hardship or distress: *an easy penalty; a habit that isn't easy to give up.*

Wednesday

Rest

Thursday

45 to 55 Minute Run / 5 to 6 Mile Run / *A.K.A* Hill Workout

1.5 Mile w/up – 30 sec PE / 30 sec recovery /30 sec PE / 30 sec recovery / 30 sec PE / 2 Mile cool down

(Should be a total of 5 or 6 HARD 30 Second intervals)

Friday

Rest

Saturday

Rest

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

*Any questions feel free to email me at: **coach26.2@gmail.com***

USNA Marathon Team – 2012 Training Schedule

-12 ('til Steamtown Marathon)

July 15, 2012 thru July 21, 2012

Sunday

- **16 Mile Run**

Monday

30 – 40 Minute Run

OR

3 – 4 Mile Run

Tuesday

EASY 30 Minute Run

eas·y *adj.* **6.** Socially at ease: *an easy, good-natured manner.*

Wednesday

Rest

Thursday

6 Mile Run

2 Mile Warm Up – 2 Mile Up Tempo – 2 Mile Cool Down.

Total time of run should be around 50 minutes.

Friday

Rest

Saturday

30 – 40 Minute Run

OR

3 – 4 Mile Run

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

Any questions feel free to email me at: coach26.2@gmail.com

USNA Marathon Team – 2012 Training Schedule

-11 ('til Steamtown Marathon)

July 22, 2012 thru July 28, 2012

Sunday

Rest

Monday

70 Minute Run / 10 Mile Run

20 Minute Warm Up – 5 x 800 (½ Mile) Intervals – 400 (¼) Mile Recovery – 20 Minute Cool Down.

(Pace for ½ Mile Interval should be your 26.2 Mile Time reduced to Minutes and Seconds.)

(I.E. Goal of a 2:50 Marathon should = ½ Mile interval at 2 Minutes and 50 Seconds – No Faster)

Tuesday

Rest

Wednesday

60 Minute Run +/-

ˆEasy ˇHard ˆEasy ˇHard ˆEasy ˇHard ˆHard ˇEasy ˆHard ˇEasy ˆHard ˇHard

(ˆ= up ˇ= down) (These should be 400's intervals up and down hills)

Thursday

Rest

Friday

5 Mile Run

2 Mile Warm Up – 1 Mile Up Tempo – 2 Mile Cool Down.

Total time of run should be around 45 minutes.

Saturday

Rest

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

Any questions feel free to email me at: coach26.2@gmail.com

USNA Marathon Team – 2012 Training Schedule

-10 ('til Steamtown Marathon)

July 29, 2012 thru August 4, 2012

Sunday

- **20 Mile Run**

AND / OR

- **3 Hour Run**

Monday

30 – 40 Minute Run

OR

3 – 4 Mile Run

Tuesday

Rest

Wednesday

45 – 50 Minute Run

OR

5 – 7 Mile Run

Thursday

5 Mile Run

2 Mile Warm Up – 1 Mile Up Tempo – 2 Mile Cool Down.

Total time of run should be around 45 minutes.

Friday

EASY 30 Minute Run

eas·y *adj.* **7.**

a. Relaxed in attitude; easygoing: *an easy disposition.*

b. Not strict or severe; lenient: *an easy teacher; easy standards.*

Saturday

Rest

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

Any questions feel free to email me at: coach26.2@gmail.com

USNA Marathon Team – 2012 Training Schedule

-09 ('til Steamtown Marathon)

August 5, 2012 thru August 11, 2012

Sunday

- **17 Mile Run**

Monday

30 – 40 Minute Run
OR
3 – 4 Mile Run

Tuesday

Rest

Wednesday

5 Mile Run
2 Mile Warm Up – 1 Mile Up Tempo – 2 Mile Cool Down.
Total time of run should be around 45 minutes.

Thursday

45 – 50 Minute Run
OR
5 – 7 Mile Run

Friday

30 – 40 Minute Run
OR
3 – 4 Mile Run

Saturday

Rest

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

Any questions feel free to email me at: coach26.2@gmail.com

USNA Marathon Team – 2012 Training Schedule

-08 ('til Steamtown Marathon)

August 12, 2012 thru August 18, 2012

Sunday

- **15 Mile Run**

Monday

30 – 40 Minute Run

OR

3 – 4 Mile Run

Tuesday

Rest

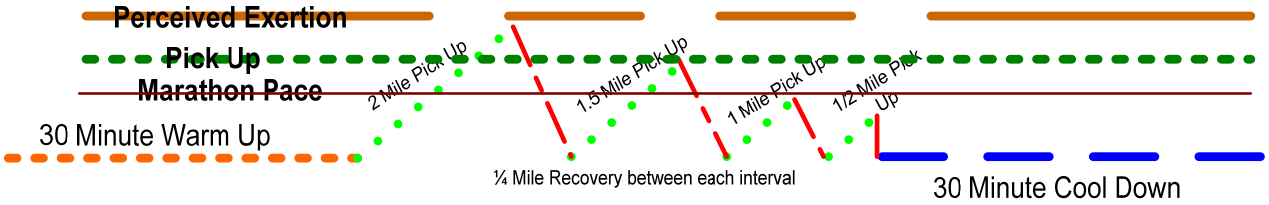
Wednesday

- **10 Mile Run**

Thursday

(Flat and Long) *90 Minute Run - Pyramids / 11 to 13 Mile Run*

20 Minute Warm Up – 4 minute Perceived Exertion / 2 minute Walk – 8 min PE / 2 min W – 6 min PE / 2 min W – 4 min PE / 2 min W – 2 min PE / 2 min W – 30 minute Cool Down.



Friday

EASY 30 Minute Run

eas·y *adj.* **8.** Readily exploited, imposed on, or tricked: *an easy mark; an easy victim.*

Saturday

Rest

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

Any questions feel free to email me at: coach26.2@gmail.com

USNA Marathon Team – 2012 Training Schedule

-07 ('til Steamtown Marathon)

August 19, 2012 thru August 25, 2012

Sunday

- **13 Mile Run**

Monday

30 – 40 Minute Run

OR

3 – 4 Mile Run

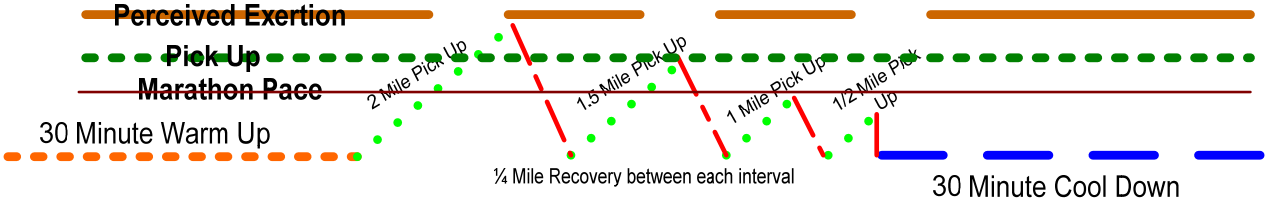
Tuesday

Rest

Wednesday

(Short Warm Up) *90 Minute Run - Pyramids / 11 to 13 Mile Run*

20 Minute Warm Up – 4 minute Perceived Exertion / 2 minute Walk – 8 min PE / 2 min W – 6 min PE / 2 min W – 4 min PE / 2 min W – 2 min PE / 2 min W – 30 minute Cool Down.



Thursday

45 to 55 Minute Run / 5 to 6 Mile Run / *A.K.A* Hill Workout

1.5 Mile w/up – 30 sec PE / 30 sec recovery /30 sec PE / 30 sec recovery / 30 sec PE / 2 Mile cool down

(Should be a total of 5 or 6 HARD 30 Second intervals)

Friday

EASY 30 Minute Run

eas·y *adj.* **9.**

a. Not hurried or forced; moderate: *an easy pace; an easy walk around the block.*

b. Light; gentle: *an easy tap on the shoulder.*

Saturday

Volunteer Day! - Annapolis 10 Miler

www.annapolisstriders.org

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

Any questions feel free to email me at: coach26.2@gmail.com

USNA Marathon Team – 2012 Training Schedule

-06 ('til Steamtown Marathon)

August 26, 2012 thru September 1, 2012

Sunday

Race! - Annapolis 10 Miler 0750 hours Start

www.annapolisstriders.org

Monday

30 – 40 Minute Run

OR

3 – 4 Mile Run

Tuesday

Rest

Wednesday

70 Minute Run / 10 Mile Run (short)

20 Minute Warm Up – 5 x 800 (½ Mile) Intervals – 400 (¼) Mile Recovery – 20 Minute Cool Down.

(Pace for ½ Mile Interval should be your 26.2 Mile Time reduced to Minutes and Seconds.)

(I.E. Goal of a 2:50 Marathon should = ½ Mile interval at 2 Minutes and 50 Seconds – No Faster)

Thursday

5 Mile Run

2 Mile Warm Up – 1 Mile Up Tempo – 2 Mile Cool Down.

Total time of run should be around 45 minutes.

Thursday

6 Mile Run

2 Mile Warm Up – 2 Mile Up Tempo – 2 Mile Cool Down.

Total time of run should be around 50 minutes.

Friday

Rest

Saturday

Rest

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

*Any questions feel free to email me at: **coach26.2@gmail.com***

USNA Marathon Team – 2012 Training Schedule

-05 ('til Steamtown Marathon)

September 2, 2012 thru September 8, 2012

Sunday

Race! - NCR 20 Miler 0800 hours Start

www.charmcityrun.com

Monday

Rest

Tuesday

30 – 40 Minute Run

OR

3 – 4 Mile Run

Wednesday

45 – 50 Minute Run

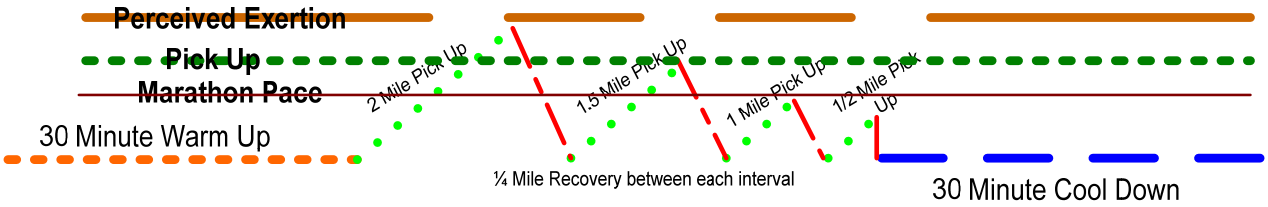
OR

5 – 7 Mile Run

Thursday

(Short Warm Up)*90 Minute Run - Pyramids / 11 to 13 Mile Run*

20 Minute Warm Up – 4 minute Perceived Exertion / 2 minute Walk – 8 min PE / 2 min W – 6 min PE / 2 min W – 4 min PE / 2 min W – 2 min PE / 2 min W – 30 minute Cool Down.



Friday

EASY 30 Minute Run

eas·y *adj.* **10.** Not steep or abrupt; gradual: *an easy climb.*

Saturday

- **13 Mile Run**

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

*Any questions feel free to email me at: **coach26.2@gmail.com***

USNA Marathon Team – 2012 Training Schedule

-04 ('til Steamtown Marathon)

September 9, 2012 thru September 15, 2012

Sunday

Rest

Monday

45 – 50 Minute Run

OR

5 – 7 Mile Run

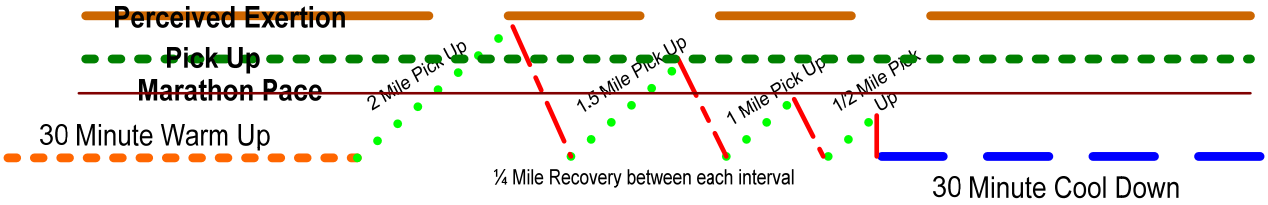
Tuesday

Rest

Wednesday

(HILL)*90 Minute Run - Pyramids / 11 to 13 Mile Run*

20 Minute Warm Up – 4 minute Perceived Exertion / 2 minute Walk – 8 min PE / 2 min W – 6 min PE / 2 min W – 4 min PE / 2 min W – 2 min PE / 2 min W – 30 minute Cool Down.



Thursday

70 Minute Run / 10 Mile Run (long)

20 Minute Warm Up – 5 x 800 (½ Mile) Intervals – 400 (¼) Mile Recovery – 20 Minute Cool Down.

(Pace for ½ Mile Interval should be your 26.2 Mile Time reduced to Minutes and Seconds.)

(I.E. Goal of a 2:50 Marathon should = ½ Mile interval at 2 Minutes and 50 Seconds – No Faster)

Thursday

5 Mile Run

2 Mile Warm Up – 1 Mile Up Tempo – 2 Mile Cool Down.

Total time of run should be around 45 minutes.

Friday

Rest

Saturday

Rest

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

Any questions feel free to email me at: coach26.2@gmail.com

USNA Marathon Team – 2012 Training Schedule

-03 ('til Steamtown Marathon)

September 16, 2012 thru September 22, 2012

Sunday

Race! - Navy 5 Miler 0800 Start

www.navy5miler.com

Monday

Rest

Tuesday

EASY 30 Minute Run

eas·y *adj.* **11.** *Economics*

a. Less in demand and therefore readily obtainable: *Commodities are easier this quarter.*

b. Plentiful and therefore at low interest rates: *easy money.*

Wednesday

70 Minute Run / 10 Mile Run (short)

20 Minute Warm Up – 5 x 800 (½ Mile) Intervals – 400 (¼) Mile Recovery – 20 Minute Cool Down.

(Pace for ½ Mile Interval should be your 26.2 Mile Time reduced to Minutes and Seconds.)

(I.E. Goal of a 2:50 Marathon should = ½ Mile interval at 2 Minutes and 50 Seconds – No Faster)

Thursday

5 Mile Run

2 Mile Warm Up – 1 Mile Up Tempo – 2 Mile Cool Down.

Total time of run should be around 45 minutes.

Friday

Rest

Saturday

45 – 50 Minute Run

OR

5 – 7 Mile Run

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

*Any questions feel free to email me at: **coach26.2@gmail.com***

USNA Marathon Team – 2012 Training Schedule

-02 ('til Steamtown Marathon)

September 23, 2012 thru September 29, 2012

Sunday

45 – 50 Minute Run

OR

5 – 7 Mile Run

Monday

Rest

Tuesday

45 – 50 Minute Run

OR

5 – 7 Mile Run

Wednesday

5 Mile Run

2 Mile Warm Up – 1 Mile Up Tempo – 2 Mile Cool Down.

Total time of run should be around 45 minutes.

Thursday

EASY 30 Minute Run

eas·y *adj.* **12.** Promiscuous; loose.

Friday

Rest

Saturday

- **10 Mile Run**

AND / OR

- **70 Minute Run**

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

*Any questions feel free to email me at: **coach26.2@gmail.com***

USNA Marathon Team – 2012 Training Schedule

-01 ('til Steamtown Marathon)

September 30, 2012 thru October 6, 2012

Sunday

EASY 30 Minute Run

eas·y *adv.***1.** Without haste or agitation: *Relax and take it easy for a while.*

Monday

EASY 30 Minute Run

eas·y *adv.* **2.** With little effort; easily: *success that came too easy.*

Tuesday

Rest

Wednesday

5 Mile Run

2 Mile Warm Up – 1 Mile Up Tempo – 2 Mile Cool Down.

Total time of run should be around 45 minutes.

Thursday

30 – 40 Minute Run

OR

3 – 4 Mile Run

-BRIDGE-

Friday

Rest

Saturday

Travel Day! - Steamtown Marathon

www.steamtownmarathon.com

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

*Any questions feel free to email me at: **coach26.2@gmail.com***

USNA Marathon Team – 2012 Training Schedule

-00 ('til Steamtown Marathon)

October 7, 2012 thru October 13, 2012

Sunday

Race! - Steamtown Marathon 0800 hours start

www.steamtownmarathon.com

Monday

Travel Day! - Steamtown Marathon

www.steamtownmarathon.com

Tuesday

Rest

Wednesday

Rest

Thursday

Rest

Friday

Rest

Saturday

Rest

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

*Any questions feel free to email me at: **coach26.2@gmail.com***

October 14, 2012 thru October 20, 2012

Sunday

EASY 30 Minute Run

eas·y *adv.* **3.** In a restrained or moderate manner: *Go easy on the butter.*

Monday

Rest

Tuesday

Rest

Wednesday

45 – 50 Minute Run

OR

5 – 7 Mile Run

OR

Ultimate Frisbee

Thursday

45 – 50 Minute Run

OR

5 – 7 Mile Run

OR

Ultimate Frisbee

Friday

EASY 30 Minute Run

eas·y *adv.* **4.** Without much hardship or cost: *got off easy with only a small fine.*

Saturday

Rest

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

*Any questions feel free to email me at: **coach26.2@gmail.com***

USNA Marathon Team – 2012 Training Schedule

October 21, 2012 thru October 27, 2012

Sunday

- **10 Mile Run**

AND / OR

- **70 Minute Run**

Monday

30 – 40 Minute Run

OR

3 – 4 Mile Run

Tuesday

Rest

Wednesday

45 – 50 Minute Run

OR

5 – 7 Mile Run

Thursday

5 – 7 Mile Run

With

x4 400's / 400's rest inbetween

Friday

Rest

Saturday

45 – 50 Minute Run

OR

5 – 7 Mile Run

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

Any questions feel free to email me at: coach26.2@gmail.com

October 28, 2012 thru November 3, 2012

Sunday

Race for Some! - Marine Corp Marathon

Monday

Rest

Tuesday

Rest

Wednesday

5 Mile Run

2 Mile Warm Up – 1 Mile Up Tempo – 2 Mile Cool Down.

Total time of run should be around 45 minutes.

Thursday

6 Mile Run

2 Mile Warm Up – 2 Mile Up Tempo – 2 Mile Cool Down.

Total time of run should be around 50 minutes.

Friday

Rest

Saturday

- **10 Mile Run**

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

Any questions feel free to email me at: coach26.2@gmail.com

eas·y (ē′zē)
adj. **eas·i·er**, **eas·i·est**
1. Capable of being accomplished or acquired with ease; posing no difficulty: *an easy victory; an easy problem.*
2. Requiring or exhibiting little effort or endeavor; undemanding: *took the easy way out of her problems; wasn't satisfied with easy answers.*
3. Free from worry, anxiety, trouble, or pain: *My mind was easy, knowing that I had done my best.*
4.
a. Affording comfort or relief; soothing: *soft light that was easy on the eyes.*
b. Prosperous; well-off: *easy living; easy circumstances.*
5. Causing little hardship or distress: *an easy penalty; a habit that isn't easy to give up.*
6. Socially at ease: *an easy, good-natured manner.*
7.
a. Relaxed in attitude; easygoing: *an easy disposition.*
b. Not strict or severe; lenient: *an easy teacher; easy standards.*
8. Readily exploited, imposed on, or tricked: *an easy mark; an easy victim.*
9.
a. Not hurried or forced; moderate: *an easy pace; an easy walk around the block.*
b. Light; gentle: *an easy tap on the shoulder.*
10. Not steep or abrupt; gradual: *an easy climb.*
11. *Economics*
a. Less in demand and therefore readily obtainable: *Commodities are easier this quarter.*
b. Plentiful and therefore at low interest rates: *easy money.*
12. Promiscuous; loose.
adv.
1. Without haste or agitation: *Relax and take it easy for a while.*
2. With little effort; easily: *success that came too easy.*
3. In a restrained or moderate manner: *Go easy on the butter.*
4. Without much hardship or cost: *got off easy with only a small fine.*

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

*Any questions feel free to email me at: **coach26.2@gmail.com***

Information and Notes:

W/UP = ***Warm Up***
– **Slow Run 1 minute to 2 minutes slower than Marathon Pace.**

CD = ***Cool Down***
– **Same rules apply as warm up.**

LR = ***Long Recovery***
– **¼ Mile recovery – Longer than 2 minute recovery.**

2MR = ***2 Minute Recovery.***
– **2 Minute WALK! – NOT JOG/ NOT RUN BUT WALK!**
– **Forces your heart rate down – Heart Training.**

PE = ***Perceived exertion*** **– If you run with a heart rate monitor it would be your max heart rate. Or what you feel is your max without a heart rate monitor. True exertion is to the point you could not go anymore.**

M = ***Miles***

MIN = ***Minutes***

EASY = **Run 1 Minute to 2 minutes slower than your marathon pace.**

Perceived Exertion
Pick Up
Marathon Pace
Up Tempo
Warm Up
Cool Down

Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

*Any questions feel free to email me at: **coach26.2@gmail.com***

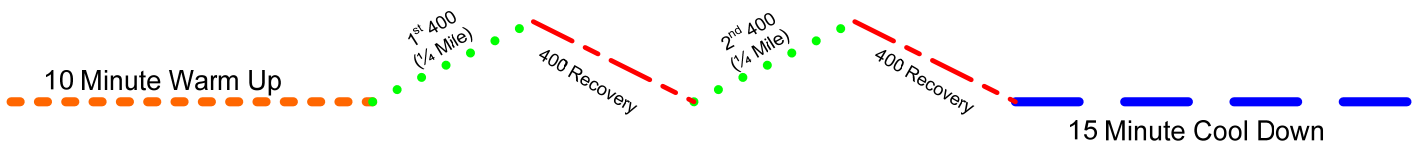
Additional Workouts and Variations:

1. Pyramids: Also try the following combinations for Pyramids:

1 HR W/UP 8-2/6-2/4-2/2-2 – 30 MIN RUN 8-2/6-2/4-2/2-2 – CD 30 MIN
20 MIN W/UP 8-2/6-2/4-2/2-2 – 10 MIN RUN 6-2/4-2/2-2 – CD 20 MIN

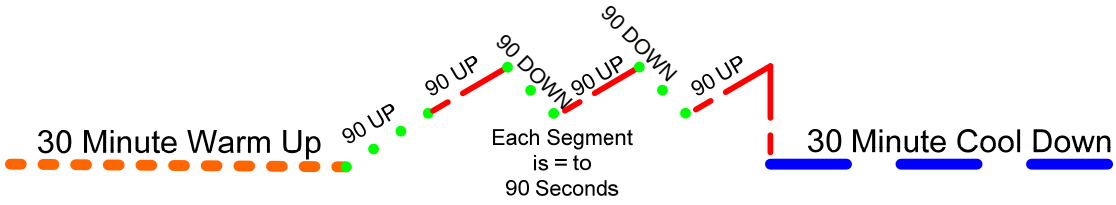
2. Smooth Accelerations:

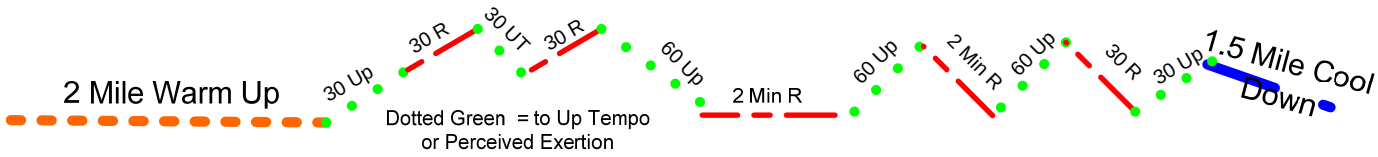
50 Minute +/- Run / 6 to 8 Mile Run
10 Minute Warm Up – 6 x 400 – with 400 Recovery – 15 Minute Cool Down



3. Hill Intervals:

30 Minute Warm Up – 90 Second Up Hill – Recovery 90 Second Up Hill – 90 Second Down Hill – Recovery 90 Second Up Hill – 90 Second Down Hill – Recovery 90 Second Up Hill – 30 Minute Cool Down





Created by Nathan N. Nudelman
United States Naval Academy Marathon Team Coach
April 1st, 2012

*Any questions feel free to email me at: **coach26.2@gmail.com***

Definitions:

Fartlek, which means 'speed play' in Swedish, is a form of conditioning which puts stress mainly on the aerobic energy system due to the continuous nature of this exercise. The difference between this type of training and continuous training is that the intensity or speed of the exercise varies, meaning that aerobic and anaerobic systems can be put under stress. Most Fartlek sessions last a minimum of 45 minutes and can vary from aerobic walking to anaerobic sprinting. Fartlek training is generally associated with running, but can include almost any kind of exercise including cycling, rowing or swimming.

Aerobic exercise refers to exercise which is of relatively low intensity, undertaken for a long duration. Aerobic means "with oxygen", and refers to the use of oxygen in a muscle's energy-generating process. Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time.

Anaerobic exercise comprises brief, strength-based activities, such as sprinting or weight training, whereas aerobic exercise is centered around endurance activities, such as marathon running or long-distance cycling. However, the early stage of all exercise is anaerobic.

Hit the Wall - a sudden bonk in which you die so suddenly it is as if you ran into a wall
Intervals - system of training using repeated short distances at greater than or near race pace stem of training using repeated short distances at greater than or near race pace

Lactic threshold - point at which you cross the sissy-baby line from aerobic to anaerobic activity, producing lactic acid in the muscles, a byproduct of anaerobic exertionted short distances at greater

Under-pronator - not enough inward motion of foot; likely to have a high, rigid arch (same as supinator) than or near race p

Tempo run - usually a two to five mile run at 80 - 90% effort

Quads - four large muscles at front of thighs; four shots of espresso before a race

Pronator - running form with moderate inward rotation of the foot, likely to have medium arch height

Plantar fasciitis - Inflammation of the plantar fascia, the tissue between muscles in the mid-foot and the skin on the bottom of the foot which attaches the ball of the foot to the heel. Common and painful problem for runners. Causes can include lack of arch support, increased miles, poor flexibility in calf muscles, overweight.

Pheidippides - According to legend, Greek courier who ran the 24 miles or 39 kilometers from Marathon to Athens in 490 BC with news of a Greek victory over the Persians. After delivering the message, he collapsed and died.

Negative splits - running the last half of a race faster than the first half

Hypoglycemia - An abnormally low level of sugar in the blood.

Hyponatremia - An abnormally low level of sodium in the blood

(From: http://www.10ktruth.com/q_and_a/vocab.htm)

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Web Sites and Other References:

www.annapolisstriders.org	= Annapolis Web Site
www.charmcityrun.com	= Baltimore Web Site
www.runwashington.com	= WDC Web Site
www.marathonguide.com	= Marathon Listings
www.chicagomarathon.com	= Chicago, IL Marathon
www.ingmiamimarathon.com	= Miami, FL Marathon
www.runnersworld.com	= Periodical
www.mapmyrun.com	= Map out your runs
www.usna.edu/marathonclub	= USNA Marathon Team
www.coolrunning.com	= Pace Calculator
www.steamtownmarathon.com	= Scranton, PA Marathon
www.policepace.com	= Police Race, Howard County
www.bostonmarathon.com	= Boston, MA Marathon
www.thebaltimoremarathon.com	= Baltimore, MD Marathon
www.traildawgs.org	= Delaware Trail Marathon
www.nationalmarathon.com	= Washington DC Marathon
www.jfk50miler.org	= JFK 50 Miler

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April 1st, 2012

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USNA Marathon Team – 2012 Training Schedule

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April 1st, 2012

Any questions feel free to email me at: ***coach26.2@gmail.com***

United States Naval Academy Marathon Team

May 2012

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
22	29 REST	30 REST	1 30 - 40 Minutes or 3 - 4 Miles or 10 - 10 - 10	2 45 - 50 Minutes or 6 Miles	3 45 to 55 Minutes HILL WORKOUT 1.5 WU - 30 sec PE 30 sec R - 30 sec PE Repeat 5x - 2M CD	4 30 - 40 Minutes or 3 - 4 Miles	5 REST
22	6 10 Miles Or 60 Minutes	7 REST	8 REST	9 Ultimate Frisbee	10 Ultimate Frisbee	11 REST	12 45 - 50 Minutes or 5 - 7 Miles
21	13 10 Miles	14 REST	15 30 - 40 Minutes or 3 - 4 Miles	16 REST	17 30 - 40 Minutes or 3 - 4 Miles	18 REST	19 30 - 40 Minutes or 3 - 4 Miles
20	20 30 Minutes EASY!	21 45 Minutes 5 Miles 2M W/UP 1M Up Tempo 2M CD	22 REST	23 45 Minutes 5 Miles 2M W/UP 1M Up Tempo 2M CD	24 REST	25 REST	26 10 Miles
19	27 30 - 40 Minutes or 3 - 4 Miles	28 REST	29 REST	30 2M WU - 1M PE 1M R - 1/2M PE 1/2M R - 1M PE 2M CD	31 REST	1 REST	2 10 Miles

United States Naval Academy Marathon Team

June 2012

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
19	27 30 - 40 Minutes or 3 - 4 Miles	28 REST	29 REST	30 2M WU - 1M PE 1M R - 1/2M PE 1/2M R - 1M PE 2M CD	31 REST	1 REST	2 10 Miles
18	3 REST	4 30 - 40 Minutes or 3 - 4 Miles	5 30 - 45 Minutes 4 - 5 Miles 10 Minute UP TEMPO	6 REST	7 40 Minutes 5 Miles 2M W/UP 1M Up Tempo 2M CD	8 30 - 40 Minutes or 3 - 4 Miles	9 REST
17	10 10 Miles	11 REST	12 50 Minutes 6 Miles 2M W/UP 2M Up Tempo 2M CD	13 30 Minutes EASY!	14 REST	15 30 - 40 Minutes or 3 - 4 Miles	16 REST
16	17 10 Miles	18 50 Minutes 6 Miles 2M W/UP 2M Up Tempo 2M CD	19 REST	20 30 Minutes EASY!	21 30 - 40 Minutes or 3 - 4 Miles	22 70 Minutes 10 Miles 20 Min WU - 5x800's - 1/4 M R Marathon Goal Time	23 REST
15	24 10 Miles Or 70 Minutes	25 40 Minutes 5 Miles 2M W/UP 1M Up Tempo 2M CD	26 REST	27 30 - 40 Minutes or 3 - 4 Miles	28 2M WU - 1M PE 1M R - 1/2M PE 1/2M R - 1M PE 2M CD	29 REST	30 REST

United States Naval Academy Marathon Team

July 2012

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
14	1 12 Miles	2 30 - 40 Minutes or 3 - 4 Miles	3 30 Minutes EASY!	4 REST	5 40 Minutes 5 Miles 2M W/UP 1M Up Tempo 2M CD	6 REST	7 30 - 40 Minutes or 3 - 4 Miles
13	8 14 Miles	9 30 - 40 Minutes or 3 - 4 Miles	10 30 Minutes EASY!	11 REST	12 45 to 55 Minutes HILL WORKOUT 1.5 WU - 30 sec PE 30 sec R - 30 sec PE Repeat 5x - 2M CD	13 REST	14 REST
12	15 16 Miles	16 30 - 40 Minutes or 3 - 4 Miles	17 30 Minutes EASY!	18 REST	19 50 Minutes 6 Miles 2M W/UP 2M Up Tempo 2M CD	20 REST	21 30 - 40 Minutes or 3 - 4 Miles
11	22 REST	23 70 Minutes 10 Miles 20 Min WU - 5x800's - 1/4 M R Marathon Goal Time	24 REST	25 60 Minutes Check main schedule up and downs.	26 REST	27 40 Minutes 5 Miles 2M W/UP 1M Up Tempo 2M CD	28 REST
10	29 20 Miles Or 3 Hours	30 30 - 40 Minutes or 3 - 4 Miles	31 REST	1 45 - 50 Minutes or 5 - 7 Miles	2 40 Minutes 5 Miles 2M W/UP 1M Up Tempo 2M CD	3 30 Minutes EASY!	4 REST

United States Naval Academy Marathon Team

August 2012

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
10	29 20 Miles Or 3 Hours	30 30 - 40 Minutes or 3 - 4 Miles	31 REST	1 45 - 50 Minutes or 5 - 7 Miles	2 40 Minutes 5 Miles 2M W/UP 1M Up Tempo 2M CD	3 30 Minutes EASY!	4 REST
09	5 17 Miles	6 30 - 40 Minutes or 3 - 4 Miles	7 REST	8 40 Minutes 5 Miles 2M W/UP 1M Up Tempo 2M CD	9 45 - 50 Minutes or 5 - 7 Miles	10 30 - 40 Minutes or 3 - 4 Miles	11 REST
08	12 15 Miles	13 30 - 40 Minutes or 3 - 4 Miles	14 REST	15 10 Miles	16 Pyramids Flat and Long	17 30 Minutes EASY!	18 REST
07	19 13 Miles	20 30 - 40 Minutes or 3 - 4 Miles	21 REST	22 Pyramids Short Warm Up	23 45 to 55 Minutes HILL WORKOUT 1.5 WU - 30 sec PE 30 sec R - 30 sec PE Repeat 5x - 2M CD	24 30 Minutes EASY!	25 VOLUNTEER DAY
06	26 RACE Annapolis 10 Miler *0750 Hours*	27 30 - 40 Minutes or 3 - 4 Miles	28 REST	29 70 Minutes 10 Miles 20 Min WU - 5x800's - 1/4 M R Marathon Goal Time Short	30 50 Minutes 6 Miles 2M W/UP 2M Up Tempo 2M CD	31 REST	1 REST

United States Naval Academy Marathon Team

September 2012

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
05	2 RACE NCR 20 Miler *0800 Hours*	3 REST	4 30 - 40 Minutes or 3 - 4 Miles	5 45 - 50 Minutes or 5 - 7 Miles	6 Pyramids Short Warm Up	7 30 Minutes EASY!	8 13 Miles
04	9 REST	10 45 - 50 Minutes or 5 - 7 Miles	11 REST	12 HILL Pyramids	13 70 Minutes 10 Miles 20 Min WU - 5x800's - 1/4 M R Marathon Goal Time LONG	14 REST	15 REST
03	16 RACE Navy 5 Miler *0800 Hours*	17 REST	18 30 Minutes EASY!	19 70 Minutes 10 Miles 20 Min WU - 5x800's - 1/4 M R Marathon Goal Time Short	20 40 Minutes 5 Miles 2M W/UP 1M Up Tempo 2M CD	21 REST	22 45 - 50 Minutes or 5 - 7 Miles
02	23 45 - 50 Minutes or 5 - 7 Miles	24 REST	25 45 - 50 Minutes or 5 - 7 Miles	26 40 Minutes 5 Miles 2M W/UP 1M Up Tempo 2M CD	27 30 Minutes EASY!	28 REST	29 10 Miles Or 70 Minutes
01	30 30 Minutes EASY!	1 30 Minutes EASY!	2 REST	3 40 Minutes 5 Miles 2M W/UP 1M Up Tempo 2M CD	4 30 - 40 Minutes or 3 - 4 Miles Bridge	5 REST	6 TRAVEL DAY-

United States Naval Academy Marathon Team

October 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
01						
30 30 Minutes EASY!	1 30 Minutes EASY!	2 REST	3 40 Minutes 5 Miles 2M W/UP 1M Up Tempo 2M CD	4 30 - 40 Minutes or 3 - 4 Miles Bridge	5 REST	6 TRAVEL DAY-
00						
7 RACE Steamtown Marathon *0800 Hours*	8 TRAVEL DAY-	9 REST	10 REST	11 REST	12 REST	13 REST
14 30 Minutes EASY!	15 REST	16 REST	17 Ultimate Frisbee	18 Ultimate Frisbee	19 30 Minutes EASY!	20 REST
21 10 Miles Or 70 Minutes	22 30 - 40 Minutes or 3 - 4 Miles	23 REST	24 45 - 50 Minutes or 5 - 7 Miles	25 4 - 5 Miles with x4 400's With 400's rest in-between	26 REST	27 45 - 50 Minutes or 5 - 7 Miles
28 RACE Marine Corp Marathon *0800 Hours*	29 REST	30 REST	31 40 Minutes 5 Miles 2M W/UP 1M Up Tempo 2M CD	1 50 Minutes 6 Miles 2M W/UP 2M Up Tempo 2M CD	2 REST	3 10 Miles