



FULL MARATHON OFFICIAL TRAINING 2025

NEW RUNNER/WALKER

WEEK	DATES	MON	TUE	WED	THU	FRI	SAT	SUN
1	APRIL 21-APRIL 27	10 MIN Run 2/Walk 1	30 MIN. Easy Walk	15 MIN Run 2/Walk 1	CROSS TRAINING	REST	30 MIN Run 2/Walk 1	REST
2	APRIL 28-MAY 4	15 MIN Run 2/Walk 1	30 MIN. Easy Walk	20 MIN Run 2/Walk 1	CROSS TRAINING	REST	35 MIN Run 2/Walk 1	REST
3	MAY 5-MAY 11	20 MIN Run 3/Walk 1	30 MIN. Easy Walk	30 MIN Run 3/Walk 1	CROSS TRAINING	REST	40 MIN Run 4/Walk 1	REST
4	MAY 12-MAY 18	30 MIN Run 4/Walk 1	30 MIN. Easy Walk	35 MIN Run 4/Walk 1	CROSS TRAINING	REST	45 MIN Run 3/Walk 1	REST
5	MAY 19-MAY 25	35 MIN Run 4/Walk 1	30 MIN. Easy Walk	35 MIN Run 4/Walk 1	CROSS TRAINING	REST	50 MIN Run 3/Walk 1	REST
6	MAY 26-JUNE 1	40 MIN Run 5/Walk 1	30 MIN. Easy Walk	40 MIN Run 5/Walk 1	CROSS TRAINING	REST	55 MIN Run 4/Walk 1	REST
7	JUNE 2-JUNE 8	45 MIN Run 5/Walk 1	30 MIN. Easy Walk	45 MIN Run 5/Walk 1	CROSS TRAINING	REST	60 MIN Run 5/Walk 1	REST
8	JUNE 9-JUNE 15	50 MIN Run 5/Walk 1	30 MIN. Easy Walk	50 MIN Run 5/Walk 1	CROSS TRAINING	REST	5K	REST
1	JUNE 16-JUNE 22	3 MILES Easy	3 MILES Easy	STRENGTH & CORE	3 MILES Hard	REST	5 MILES Long	CROSS TRAINING
2	JUNE 23-JUNE 29	3 MILES Easy	3 MILES Easy	STRENGTH & CORE	3 MILES Hard	REST	6 MILES Long	CROSS TRAINING
3	JUNE 30-JULY 6	3 MILES Easy	4 MILES Easy	STRENGTH & CORE	3 MILES Hard	REST	6 MILES Long	CROSS TRAINING
4	JULY 7-JULY 13	3 MILES Easy	4 MILES Easy	STRENGTH & CORE	3 MILES Hard	REST	8 MILES Long	CROSS TRAINING
5	JULY 14-JULY 20	3 MILES Easy	5 MILES Easy	STRENGTH & CORE	3 MILES Hard	REST	10 MILES Long	CROSS TRAINING
6	JULY 21-JULY 27	3 MILES Easy	5 MILES Easy	STRENGTH & CORE	3 MILES Hard	REST	7 MILES Long	CROSS TRAINING
7	JULY 28-AUG. 3	3 MILES Easy	6 MILES Easy	STRENGTH & CORE	3 MILES Hard	REST	12 MILES Long	CROSS TRAINING
8	AUG. 4-AUG. 10	3 MILES Easy	6 MILES Easy	STRENGTH & CORE	4 MILES Hard	REST	13.1 MILES Half Marathon	CROSS TRAINING
9	AUG. 11-AUG. 17	3 MILES Easy	7 MILES Easy	STRENGTH & CORE	4 MILES Hard	REST	10 MILES Long	CROSS TRAINING
10	AUG. 18-AUG. 24	3 MILES Easy	7 MILES Easy	STRENGTH & CORE	4 MILES Hard	REST	15 MILES Long	CROSS TRAINING
11	AUG. 25-AUG. 31	4 MILES Easy	8 MILES Easy	STRENGTH & CORE	4 MILES Hard	REST	16 MILES Long	CROSS TRAINING
12	SEPT. 1- SEPT. 7	4 MILES Easy	8 MILES Easy	STRENGTH & CORE	5 MILES Hard	REST	12 MILES Long	CROSS TRAINING
13	SEPT. 8- SEPT. 14	5 MILES Easy	9 MILES Easy	STRENGTH & CORE	5 MILES Hard	REST	17 MILES Long	REST
14	SEPT. 15- SEPT. 21	5 MILES Easy	9 MILES Easy	STRENGTH & CORE	5 MILES Hard	REST	14 MILES Long	CROSS TRAINING
15	SEPT. 22- SEPT. 28	5 MILES Easy	10 MILES Easy	REST	5 MILES Hard	REST	20 MILES Long	REST
16	SEPT. 29-OCT. 5	5 MILES Easy	8 MILES Easy	STRENGTH & CORE	4 MILES Hard	REST	12 MILES Long	CROSS TRAINING
17	OCT. 6- OCT. 12	4 MILES Easy	6 MILES Easy	STRENGTH & CORE	3 MILES Hard	REST	8 MILES Long	REST
18	OCT. 13- OCT. 19	3 MILES Easy	4 MILES Easy	STRENGTH & CORE	2 MILES Hard	REST	REST	RACE DAY!

TRAINING FOR SUCCESS

EASY TRAINING Running at a relaxed pace, without breathing hard. You should be able to easily carry on a conversation.

LONG TRAINING Longer distance at a slower pace, typically one to two minutes per mile slower than your goal race pace.

HARD TRAINING Challenge yourself. Tempo, Hills or Intervals.

TEMPO Warm-up one mile easy, middle 30–60 seconds per mile faster than goal race pace, cool-down one mile easy.

HILLS A hillier course increase your strength and speed without extra miles.

INTERVALS Increase strength and improve form. Start by doing one mile warm up, then run each interval 60–90 seconds per mile faster than your goal race pace, resting half to full time of interval.

STRENGTH & CORE Prevent injuries and improve form leading to improved running efficiency.

CROSS TRAINING Aerobic exercises other than running. Improve your fitness while giving your “running” muscles a rest.

REST Let your muscles recover and rebuild.

GOAL RACE PACE The pace you plan to run on race day.

RUN 2/WALK 1 Run for two minutes, walk for 1 minute, repeat for a total of 10 minutes

WU Warm Up warm up 1–2 minutes slower than 10K pace

CD Cool Down cool down 1–2 minutes slower than 10K pace

5X1 MILE @ 10K PACE WITH A 4MIN REST BETWEEN EACH MILE

DETERMINING YOUR RACE PACE Warm up ½ mile at easy pace, run 1 mile moderate to hard timed, cool down ½ mile easy pace

Example (if your timed mile was 9 minutes):

5K (9:00 min mile + 33 seconds) = 9:33 minute mile pace

10K (9:00 min mile x 1.15) = 10:35 minute mile pace

½ marathon (9:00 min mile x 1.2) = 11:20 minute mile pace

Marathon (9:00 min mile x 1.3) = 12:10 minute mile pace

THINGS TO THINK ABOUT

PROPER SHOES Everyone is made differently. Make sure that you have been fitted for running shoes that are right for you. Come to Running Lab for your custom fit process.

ACCESSORIES AND APPAREL Well-made and properly fitting apparel is key to improving your experience. The wrong sock and apparel can cause slipping, rubbing and blistering.

HYDRATION Have a plan to stay hydrated. Wear a belt, hold something in your hand or drop water on your route.

NUTRITION You wouldn't fill your gas tank with trash, why would you fill your body with it? Proper nutrition will help to keep your muscles strong and your energy high, giving you the fuel you need to feel great when you train and race.

GOOD FORM RUNNING (GFR) Four steps to run faster, easier and reduce injury. Posture (tight core with glute engagement), proper foot strike (landing mid-foot), Cadence (running 180 steps per minute), Lean (use gravity to your advantage). Sign up for a class at runninglabstore.com.

INJURY PREVENTION Don't run through the pain. Listen to your body and talk to an expert. Two days off now is better than two months off because of injury. Check out the calendar of events for free injury screenings at Running Lab.

CALENDAR OF EVENTS

APRIL

21 // First Day of Base Training

JUNE

16 // 1st Day of Official Training

21 // 1st Saturday Group Run

AUGUST

25 // 5K Training Starts

SEPTEMBER

27 // 12/20 Miller

OCTOBER

16 // Team Dinner and Commissioning

17-18 // Detroit Marathon Expo/Race Packet Pick-Up

18 // 5K, Kids' Marathon, and Meijer Little Detroit Dash

19 // Half Marathon and Full Marathon