

BEGINNER MARATHON TRAINING PLAN

Week	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
1	UB	3M	4M + LB	4M	OFF	3M	6M
2	UB	3M	5M + LB	3M	OFF	3M	7M
3	UB	FARTLEK 4M	5M + LB	3M	OFF	3M	8M
4	UB	FARTLEK 4M	3M + LB	4M	OFF	3M	10M
5	UB	4-5 HILLS 5-10K PACE	3M + LB	4M	OFF	3M	12M
6	UB	3-4 LONG HILLS 5-10K PACE	4M + LB	6M	OFF	5M	5M
7	UB	3 X MILE 5-10K PACE	3M + LB	5M	OFF	3M	15M
8	UB	6M	5M + LB	6M	OFF	5M	7M
9	UB	5-6 HILLS 5-10K PACE	4M + LB	7M	OFF	3M	18M
10	UB	7M	6M + LB	7M	OFF	6M	9M
11	UB	4-5 LONG HILLS 5-10K PACE	5M + LB	8M	OFF	3M	20M
12	UB	3 X MILE 5-10K PACE	5M + LB	8M	OFF	3M	10M
13	UB	6 X 880s 5-10K PACE	6M + LB	8M	OFF	3M	22M
14	UB	7M	5M + LB	8M	OFF	5M	10M
15	UB	6 X 880s 5-10K PACE	6M + LB	8M	OFF	3M	24M
16	UB	4 X MILE 5-10K PACE	7M + LB	10M	OFF	4M	10M
17	UB	5M	3M + LB	5M	OFF	3M	26M
18	UB	6M	5M + LB	8M	OFF	4M	12M
19	UB	5M	4M + LB	6M	OFF	3M	12M
20	UB	FARTLEK 5M	4M	OFF	OFF	2M	RACE

NOTES:

- **UB**: Light upper body strength workout
- **LB**: Heavy lower body strength workout

Runners Guide To A Marathon

Rachel S Tattersall



Runners Guide To A Marathon:

Runners Guide To A Marathon: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Runners Guide To A Marathon : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Runners Guide To A Marathon : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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