Go the distance!
BOISERunWalk
boiserunwalk.com

Structure of a Speed Workout

Example:

10 min/mile person doing 8x30-30
in a 40 minute weekday workout

Warm Up	Workout	Cool Down
16 min.	8 min. of 30 - 30	16 min.
@ 10:00 pace	(faster/slower)	@ 11:00 pace

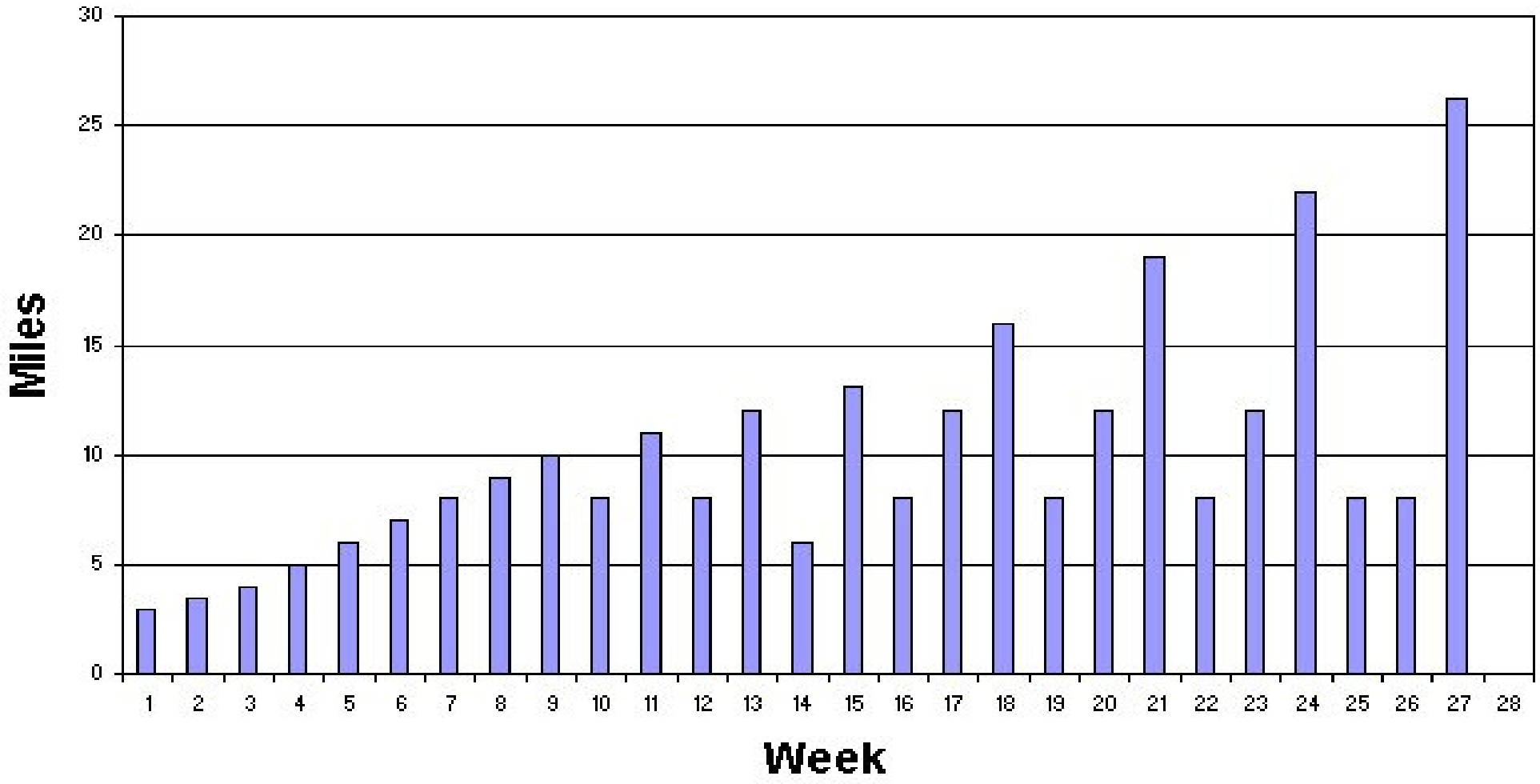
Go the distance!

BOISERunWalk

boiserunwalk.com

Marathon Training Schedule

Weekly Long Distances



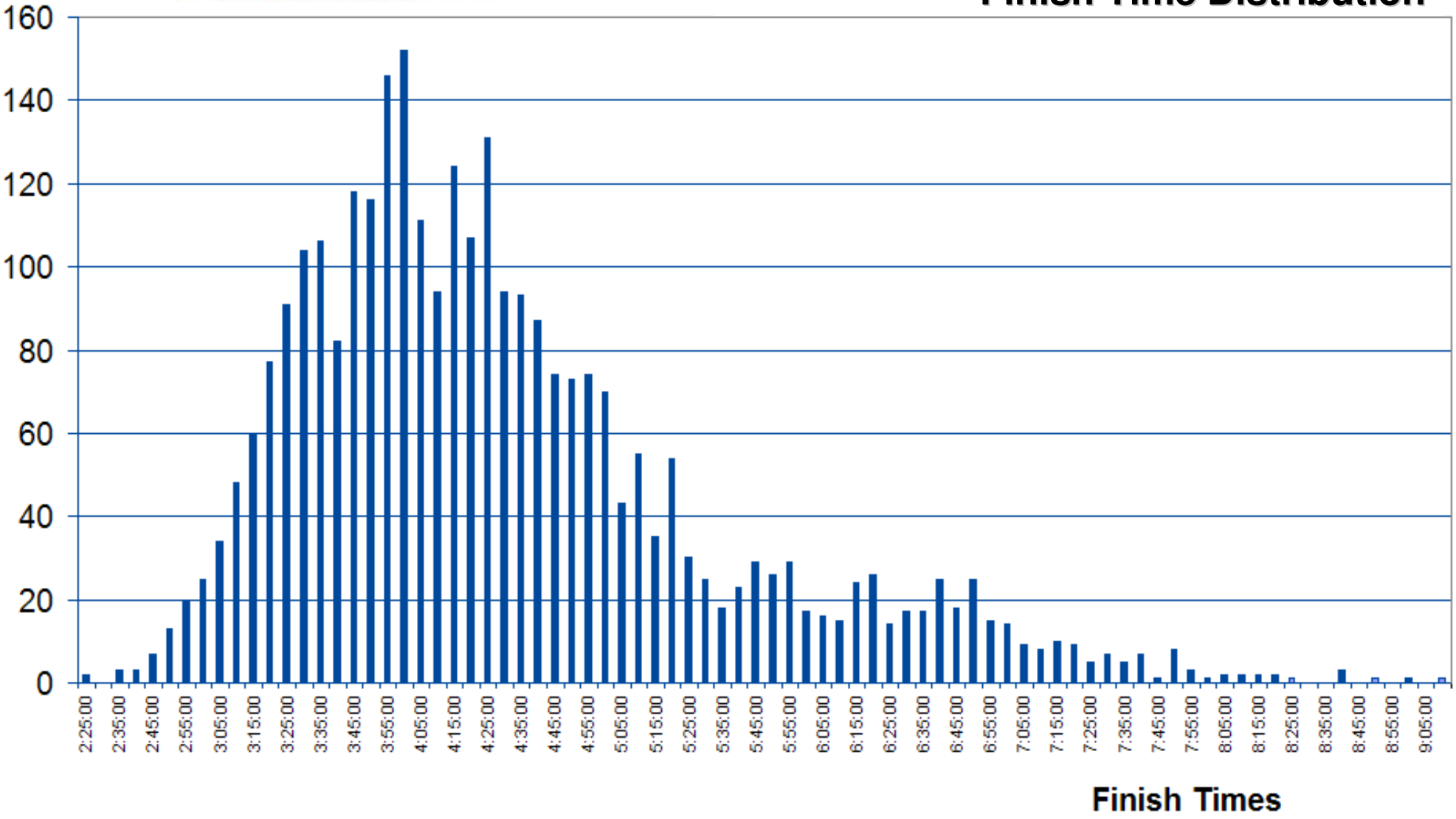
Go the distance!

BOISERunWalk

boiserunwalk.com

2003 Portland Marathon

Finish Time Distribution



Go the distance!
BOISERunWalk
boiserunwalk.com

Strategic Nutrition and Hydration Plan Example

13.1 Mile Strategic Plan

		Anticipated Half Time	
		2:00	3:00
1.5	mi	W	W
3.0	mi	W	PA
4.5	mi	PA	W
6.5	mi	W	G or A+W
8.5	mi	G+W	W
10	mi	W	PA
11.5	mi	PA	W

10K Strategic Plan

1.5 mi	W
3.0 mi	PA
4.5 mi	W

5K Strategic Plan

1.5 mi	W

W = Water
G+W = Gel + Water
PA = Powerade
A+W = Access Bar + Water
If using Access bars, take first one 20 min before start

Go the distance!
BOISERunWalk
boiserunwalk.com

Nutrition & Hydration Guidelines for Endurance Workouts

- We assume proper daily and weekly nutrition and hydration

- Fluids: 4-8 oz. every 15-20 minutes.
- Fuel: 30-60 grams carbs per hour.
- Sports Drinks: consume less frequently than every other drink of water.

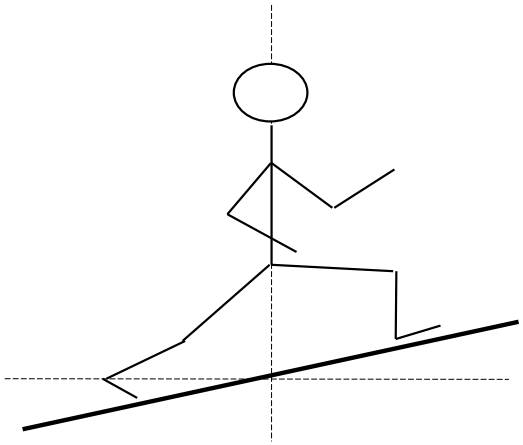
- Do not combine sports drink with GU

Go the distance!
BOISERunWalk
boiserunwalk.com

Hill Running Form

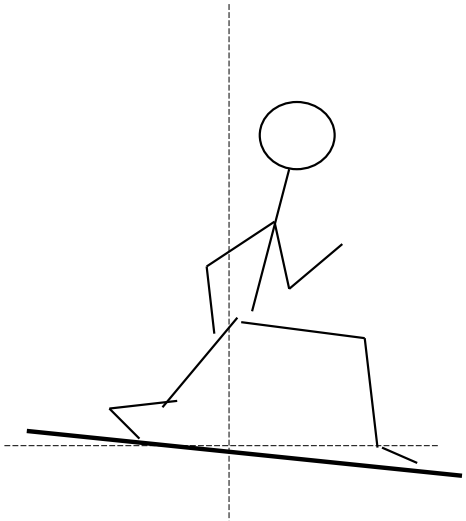
Uphill

Ideal Posture = Vertical
Ideal Stride Rate = 3 Steps/Second
Stride Length = Short



Downhill

Ideal Posture = Perpendicular
Ideal Stride Rate = 3 Steps/Second
Stride Length = Medium



Go the distance!

BOISERunWalk

boiserunwalk.com

Marathon Time Projections

Based on 3 mi time and 20% slowdown

3 Miles	3 Mile Pace	Est. Marathon Time	Est. Marathon Pace
21:00	7:00	3:40:05	8:24
24:00	8:00	4:11:31	9:36
27:00	9:00	4:42:58	10:48
30:00	10:00	5:14:24	12:00
33:00	11:00	5:45:50	13:12
36:00	12:00	6:17:17	14:24
39:00	13:00	6:48:43	15:36
42:00	14:00	7:20:10	16:48
45:00	15:00	7:51:36	18:00

Go the distance!

BOISERunWalk

boiserunwalk.com

Recommended Speed Workouts

Experienced	Novice
8 x 30 - 30	4 x 30 - 30
10 x 30 - 30	6 x 30 - 30
12 x 30 - 30	8 x 30 - 30
6 x 60 - 60	4 x 60 - 60
7 x 60 - 60	5 x 60 - 60
8 x 60 - 60	6 x 60 - 60
4 x 2:00 - 2:00	3 x 2:00 - 2:00
5 x 2:00 - 2:00	4 x 2:00 - 2:00
3 x 3:00 - 3:00	2 x 3:00 - 3:00
4 x 3:00 - 3:00	3 x 3:00 - 3:00
4 x 2:00 - 4:00	3 x 2:00 - 4:00
6 x 1:00 - 2:00	5 x 1:00 - 2:00

Go the distance!
BOISERunWalk
boiserunwalk.com

Strategic Fluids and Carbs
Robie Creek Example

Anticipated Race Times

	1:20	under 2:30	over 2:30
Mile 2	W	W	W
Mile 3	PA	PA	PA
Mile 5	W	W	G+W
Mile 7	G+W	G+W	W
Mile 8.5	W	W	PA
Mile 10	PA	PA	G+W
Mile 12	W	W	W

Go the distance!
BOISERunWalk
boiserunwalk.com

Strategic Fluids and Carbs
Famous Potato Marathon Examples

	Anticipated Race Time	
	4:00	**5:15**
Mile 2	W	W
Mile 4	PA	PA
Mile 6	W	G+W
Mile 8	G+W	W
Mile 10	W	PA
Mile 12	PA	G+W
Mile 14	W	W
Mile 16	G+W	PA
Mile 18	W	G+W
Mile 20	PA	W
Mile 22	G+W	PA
Mile 24	W	W

Go the distance!
BOISERunWalk
boiserunwalk.com

Speed Workout Syntax

Example: 8x30–30

8 repetitions…
30 seconds hard, then 30 seconds easy

hard = fastest pace you could run for 6 minutes

easy = slow enough to catch your breath

(Slower than average)