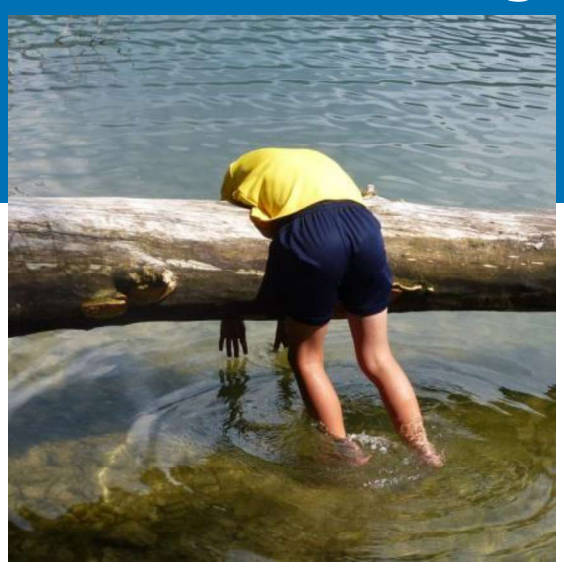
WEEK 14

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Run 6 Miles	Pool Foot Exercises	Run 5 Miles	3 Miles Intervals	**Rest**	Run 12 Miles

Avoid Over/ Under-Training

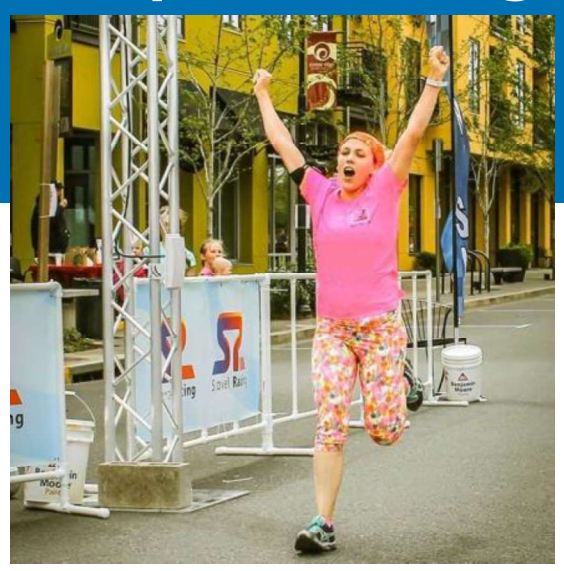
One way to know if you are training enough is to follow a training plan. It is not complicated, but you have to be consistent in your running and cross training. Watch out for training too much or not resting enough. If you are not any faster or better able to sustain your energy levels as your training progresses, you might be over-training.

Too Little Training



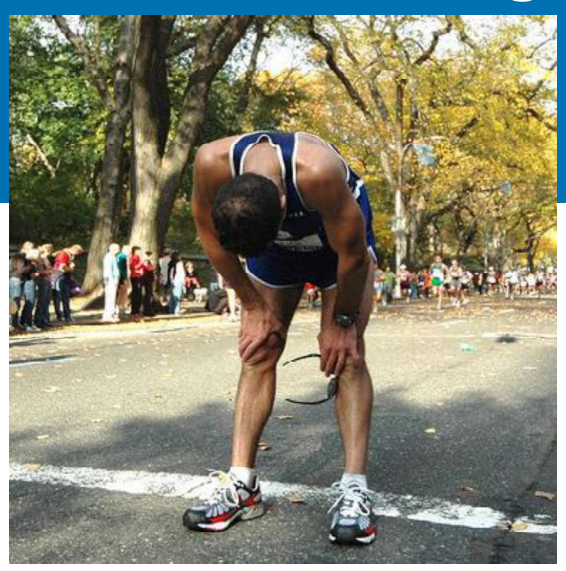
Your muscles, tendons, ligaments, and bones might not be sufficiently strong to withstand the full distance. If you try to increase to 26.2 miles, you risk injuring those tissues. Your mind is not prepared for the strain of running continuously for several hours. You are more likely to give up early.

Adequate Training



Your body is just strong enough, and your mind has a realistic idea of what to expect on race day. You have run far enough more than once to know what to do when you reach the point of exhaustion. You have practiced your refueling strategy under a variety of conditions.

Too Much Training



Your body might be worn down. Your system is still working to recover from past stresses. It takes time to eliminate toxins and build back what was broken down during consecutive workouts. Every extra mile beyond what is necessary increases the potential for injury. You can not afford that now.

A Few Guidelines for Adequate Training

- Run 3-5 times per week *but not more*.
- Include core resistance and interval training on two of the other days.
- Do not increase the distance of your long run by more than 10% per week.
- Include weeks in which you step back your training by more than 10% in mileage.
- Schedule enough time between long runs: at least 2 weeks for 16 miles or longer.
- Follow a well researched plan