

WEEK

3

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Run 3 Miles	Core Endurance Training	Run 3 Miles	Core Endurance Training	Rest	Run 8 Miles

Keep Going; Be Consistent



By now, you have run a total of 39 miles. You will have had some good, some bad, and some in between days with running. This is normal. Follow the advice of your Yoga instructor: be aware of your bad days, but don't judge yourself too harshly.

If you have not already done so, start a training journal. Record the details of your training and how you feel before, during, and after working out. Take photos as well. This journal will help you keep track of your schedule. It will also help you beat discouragement and boredom when they come.

Habit #2 Run and Stretch Consistently

F=Frequency

In order for you to benefit from workouts, you have to do them often. In most cases, running twice a week will not be enough to prepare your body for a marathon. Running 3-4 times per week with core training twice is more likely to cause the necessary transformation.

I = Intensity

If you want your body to get stronger, you have to push it past where it is comfortable. If you are not breathing hard, sweating, or feeling exhausted, you probably need to up the intensity from time to time.

T = Time

As you train for a marathon, some of your workouts will be very long. In fact the length of time you spend on a long run will have just as much importance in your growth as the distance you travel.

Three Pillars of Consistent Training

Frequency – Intensity - Time



Each pillar constitutes an equally important part of the foundation of your training. Without all three, the whole structure of your training program will crumble to the ground!