

# Marathons: Training and Running

## A Prototype Thesaurus



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## Introduction

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Marathons were first recorded as competitive foot races in ancient Greece. The first modern marathon was a 25-mile race run at that 1896 Olympics in Athens. At the 1908 London Olympics an additional 1.2 miles was added to accommodate the British Queen's viewing station. That addition became the standard and today an official marathon is a distance of 26 miles and 385 yards long or 26.2 miles.

In the past several years, marathons have become increasingly more common. Hundreds of thousands of people run marathons held every year in the United States with the Boston Marathon and New York City Marathon being some of the most popular.

## Purpose and Scope

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A marathon has long been known as the ultimate test of physical endurance and should not be undertaken lightly. Many websites, magazines and books are devoted to helping individuals train for running a marathon. This thesaurus was created to index these marathon resources to make them more accessible for individuals interested in training for and running a marathon. This thesaurus will help to navigate among the many resources and identify the terms and components associated with marathons and marathon training. Both first-time and experienced marathon runners can benefit from the concepts and relationships explored in this thesaurus. Beginners may find it useful to learn the accepted terminology, training components, and marathon organization, while experts may still learn or be reminded of best training practices or potential injury causes.

Marathon is defined within this thesaurus as a running event of 26.2 miles, but colloquially the term can also be applied broadly as any running event. Terms within this thesaurus officially operate under the definition and scope of a marathon as a running event of 26.2 miles. Despite this regulation in scope this thesaurus and its terms can be more broadly and accurately applied to index resources about other running events of various distances such as half-marathons, 5Ks, and 10Ks.

## How to use

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The terms in this thesaurus are accessible in two ways. The first is a hierarchical display, which demonstrates all the terminology in a broad to narrow structure in each category. All terms are arranged in a hierarchical relationship under five major topics including Equipment, Injuries, Marathon Training, Marathon Organization, and Running Events. The further indentation within the structure represents the greater specificity of the term. Only preferred terms are included in this display. For example:

### <Marathon Training>

Stretching

After workout stretches

Adductor stretches

The second display is the alphabetical display. Each term in the thesaurus is listed alphabetically including both preferred terms and their synonyms. Numerical terms are listed at the beginning in order of highest to lowest. Preferred terms include a scope note, and additional identifiers such as broader terms, related terms, and narrower terms. Synonyms are included as well but are not the preferred and will indicate what the preferred term is. The alphabetical display is intended to demonstrate relationships among all the terms.

Codes used within the alphabetical display are defined as follows:

**SN (Scope Note):** Definition or meaning of descriptors within this thesaurus. Terms that are in **bold** within the scope note refer to other preferred terms within this thesaurus.

**UF (Used For):** Synonyms of the preferred term

**USE:** Used with a synonym and identifies the preferred term

**NT (Narrower Term):** Indicates to the degree of one level the hierarchical subclass of the term

**BT (Broader Term):** Indicates to the degree of one level the hierarchical broader term to the original

**RT (Related Term):** A term that adds further meaning or relation to the original term

## Hierarchical Display

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### Equipment

- GPSs
- Reflective gear
  - Armbands
  - Clothing
  - Lights
  - Strips
  - Vests
- Running shoes
  - Cushioned shoes
  - Motion control shoes
  - Stability shoes

### Injuries

- Injury causes
  - Falls
  - Muscular imbalances
  - Poor fitting shoes
  - Running forms
- Injury types
  - Broken bones
  - Hyponatremia
  - Shin splints
  - Soreness
  - Sprains
  - Strains
  - Torn muscles
  - Torn tissues

### Marathon Organization

- Age groups
- Deliverables
  - <after the marathon>*
    - Finish medals
    - Race finish photos
  - <before the marathon>*
    - Race bibs
    - Timing chips
- Race Routes
  - Corrals
  - Finish lines
  - Starting lines
  - Timing mats

Water stops

Runners

Timing

Chip timing

Finish times

Qualifying times

## **Marathon Training**

Nutrition

Stretching

After workout stretches

Adductor stretches

Cross arm stretches

Downward dog calf stretches

Hip flexor stretches

Kneeling hip flexor stretches

Lying quad stretches

Seated hamstring stretches

Trapezius stretches

Pre-workout stretches

Ankle rolls

Knee circles

Standing calf stretches

Standing hamstring stretches

Standing quad stretches

Training components

Cool-downs

Warm-ups

Workouts

Training schedules

*<schedule components>*

Rest days

Workout days

*<schedule structure>*

Peaks

Tapering

Training types

Aerobic training

Anaerobic training

Cross training

Hill training

Weight Training

## **Running Events**

10Ks

5Ks

Half-marathons  
Marathons

## Alphabetical Display

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### 10Ks

SN: Running events consisting of 6.2 miles  
BT: <Running events>  
RT: 5Ks  
Half-marathons  
Marathons  
Race routes  
Runners

### 5Ks

SN: Running events consisting of 3.1 miles  
BT: <Running events>  
RT: 10Ks  
Half-marathons  
Marathons  
Race routes  
Runners

### Abductor stretches

SN: Seated leg stretches  
BT: After workout stretches  
RT: Cross arm stretches  
Downward dog calf stretches  
Hip flexor stretches  
Kneeling hip flexor stretches  
Lying quad stretches  
Seated hamstring stretches  
Trapezius stretches

### Aerobic training

SN: A low to moderate level of exercise intensity which helps to burn fat and build endurance  
BT: Training types  
RT: Anaerobic training

### After workout stretches

SN: Stretches conducted in the **cool-down** period after running  
NT: Abductor stretches  
Cross arm stretches

Downward dog calf stretches  
 Hip flexor stretches  
 Kneeling hip flexor stretches  
 Lying quad stretches  
 Seated hamstring stretches  
 Trapezius stretches  
 BT: Stretching  
 RT: Cools-downs  
 Pre-workout stretches

### **Age groups**

SN: Intervals in years of **runners'** ages used to group and report **finish times**  
 BT: <Marathon Organization>  
 RT: Finish times

### **Anaerobic training**

SN: A high level of exercise intensity to build strength, speed, and power  
 UF: High intensity training  
 BT: Training types  
 RT: Aerobic training  
 Hill training

### **Ankle rolls**

SN: Standing ankle stretches  
 BT: Pre-workout stretches  
 RT: Knee circles  
 Standing calf stretches  
 Standing hamstring stretches  
 Standing quad stretches

### **Armbands**

SN: Bands of reflective fabric **runners** wear on their arms to be more noticeable  
 BT: Reflective gear  
 RT: Clothing  
 Lights  
 Strips  
 Vests

### **Broken bones**

SN: A type of injury that may befall **runners** training for and/or running in **marathons**  
 BT: Injury types

**Chip timing**

- SN: Timing system in a **marathon** that requires **runners** to wear a small, lightweight chip that uniquely identifies them and their time as they cross strategically placed **timing mats**.
- UF: RFID timing  
Transponder timing
- BT: Timing
- RT: Finish times  
Timing chips  
Timing mats

**Clothing**

- SN: Clothing with reflective pieces worn by **runners** to be more noticeable
- BT: Reflective gear
- RT: Armbands  
Lights  
Strips  
Vests

**Cool-downs**

- SN: Easy or low levels of exertion conducted at the end of **workouts**
- BT: Training Components
- RT: After workout stretches  
Stretching  
Warm-ups  
Workouts

**Corrals**

- SN: Holding areas at the **starting line** of a **marathon** for **runners** of different per-miles paces or **qualifying times** arranged from fastest in the front to slowest in the back
- UF: Staggered starts
- BT: Race Routes
- RT: Qualifying times  
Starting lines

**Cross arm stretches**

- SN: Arm stretches
- BT: After workout stretches
- RT: Abductor stretches  
Downward dog calf stretches  
Hip flexor stretches  
Kneeling hip flexor stretches  
Lying quad stretches  
Seated hamstring stretches  
Trapezius stretches



### **Cross training**

- SN: Training in other exercises and/or sports to improve fitness and performance
- BT: Training types

### **Cushioned shoes**

- SN: **Running shoes** that provide support for **runners** with high arches in their feet
- BT: Running shoes
- RT: Motion control shoes  
Stability shoes



Foot shape requiring cushioned shoes

### **Deliverables**

- SN: Items given to **runners** in a **marathon** by the marathon organizers
- NT: Finish medals  
Race bibs  
Race finish photos  
Timing chips
- BT: <Marathon Organization>

### **Downward dog calf stretch**

- SN: Bending leg stretches
- BT: After workout stretches
- RT: Abductor stretches  
Cross arm stretches  
Hip flexor stretches  
Kneeling hip flexor stretches  
Lying quad stretches  
Seated hamstring stretches  
Trapezius stretches

### **Easy days**

USE Rest days

### **Easy weeks**

USE Tapering

### **Exercise days**

USE Workout days

### **Falls**

- SN: An injury that may befall **runners** when training for and/or running in **marathons**
- BT: Injury causes

RT: Muscular imbalances  
Poor fitting shoes  
Running forms

### **Finish lines**

SN: Line where the **marathon** ends  
BT: Race Routes  
RT: Finish times  
Race finish photos  
Starting lines  
Timing mats

### **Finish medals**

SN: Awards given to winners and/or participants who finish a **marathon**  
BT: Deliverables  
RT: Finish times  
Race finish photos

### **Finish times**

SN: The elapsed time between when **runners** cross the **starting line** and the **finish line** of a marathon  
BT: Timing  
RT: Age groups  
Chip timing  
Finish lines  
Finish medals  
Starting lines  
Timing chips  
Timing mats

### **GPSs**

SN: Global position system monitors that track **runners** locations based on satellite information  
BT: <Equipment>

### **Half-marathons**

SN: Running events consisting of 13.1 miles  
BT: <Running Events>  
RT: 10Ks  
5Ks  
Marathons  
Race routes  
Runners

### **High intensity training**

USE Anaerobic training

### **Hill training**

SN: Running up and down hills to strengthen muscles and improve endurance

BT: Training types

RT: Anaerobic training

### **Hip flexor stretches**

SN: Standing leg stretches

BT: After workout stretches

RT: Abductor stretches

Cross arm stretches

Downward dog calf stretches

Kneeling hip flexor stretches

Lying quad stretches

Seated hamstring stretches

Trapezius stretches

### **Hyponatremia**

SN: Water intoxication, or when the sodium concentration in the body is low due to a loss of sodium through sweating and an excessive intake of water This a is an injury that may befall **runners** training for and/or running in **marathons**

BT: Injury types

### **Ill fitting shoes**

USE Poor fitting shoes

### **Injury causes**

SN: Sources of potential harm for **runners** training for and/or running in **marathons**

BT: <Injuries>

NT: Falls

Muscular imbalances

Poor fitting shoes

Running forms

RT: Injury types

### **Injury types**

SN: Kinds of injuries that may befall **runners** training for and/or running in **marathons**

BT: <Injuries>

NT: Broken bones

Hyponatremia

Shin splints

Soreness

Sprains  
Strains  
Torn muscles  
Torn tissues  
RT: Injury causes

**Knee circles**

SN: Standing leg stretches  
BT: Pre-workout stretches  
RT: Ankle rolls  
Standing calf stretches  
Standing hamstring stretches  
Standing quad stretches

**Kneeling hip flexor stretches**

SN: Standing leg stretches  
BT: After workout stretches  
RT: Abductor stretches  
Cross arm stretches  
Downward dog calf stretches  
Hip flexor stretches  
Lying quad stretches  
Seated hamstring stretches  
Trapezius stretches

**Lights**

SN: Small lights worn by **runners** to be more noticeable  
BT: Reflective gear  
RT: Armbands  
Clothing  
Strips  
Vests

**Lying quad stretches**

SN: Lying leg stretches  
BT: After workout stretches  
RT: Abductor stretches  
Cross arm stretches  
Downward dog calf stretches  
Hip flexor stretches  
Kneeling hip flexor stretches  
Seated hamstring stretches  
Trapezius stretches

### **Marathon runners**

USE Runners

### **Marathoners**

USE Runners

### **Marathons**

SN: Running events consisting of 26.2 miles

BT: <Running events>

RT: 10Ks

5Ks

Half-marathons

Race routes

Runners

### **Motion control shoes**

SN: **Running shoes** ideal for a **runner** with a low arch or whose foot significantly rolls to the outside when it lands.

BT: Running shoes

RT: Cushioned shoes

Stability shoes



Foot shape requiring motion control shoes

### **Muscular imbalances**

SN: Overdeveloped and tight muscles in one area of the body while the opposing muscles are weak and stretched out of their normal position. Excessive or improper **weight training** can cause this.

BT: Injury causes

RT: Falls

Running forms

Weight training

### **Nutrition**

SN: Ideal food and caloric intake for **runners** training for and/or running in **marathons**

BT: <Marathon Training>

### **Off days**

USE Rest days

### Peaks

- SN: The point in training when **runners** reach their longest and most intense runs in time and/or distance  
BT: Training schedules  
RT: Tapering

### Poor fitting shoes

- SN: **Running shoes** that are either old, worn-out or do not compensate for a **runner's** unique foot shape  
UF: Ill fitting shoes  
BT: Injury causes  
RT: Falls  
Running forms  
Running shoes

### Pre-workout stretches

- SN: Stretches conducted in the **warm-up** period before a **workout**  
NT: Ankle rolls  
Knee circles  
Standing calf stretches  
Standing hamstring stretches  
Standing quad stretches  
BT: Stretching  
RT: After workout stretches  
Warm-ups

### Qualifying times

- SN: A certified running time that a runner must achieve prior to entrance into an approved **marathon**  
BT: Timing  
RT: Corrals

### Race bibs

- SN: Unique number plates worn on **runners'** shirts to indicate they are participants in the **marathon**  
BT: Deliverables  
RT: Timing chips

### Race finish photos

- SN: Images taken by a photographer as each **runner** crosses the **finish line** of a **marathon**  
BT: Deliverables  
RT: Finish lines  
Finish medals



Runner wearing a race bib

**Race routes**

SN: Courses for an official **marathon** measured and certified by USA Track & Field

NT: Corrals  
 Finish lines  
 Starting lines  
 Timing mats  
 Water stops

BT: <Marathon Organization>

RT: 10Ks  
 5Ks  
 Half-marathons  
 Marathons

**Reflective gear**

SN: Clothing and items equipped with reflective material worn by **runners** to be more noticeable

NT: Armbands  
 Clothing  
 Lights  
 Strips  
 Vests

BT: <Equipment>

**Resistance training**

USE Weight training

**Rest days**

SN: Non-running or non-exercise days scheduled during marathon training

UF: Easy days  
 Off days

BT: Training schedules

RT: Workout days

**RFID timing**

USE: Chip timing

**Runners**

SN: People who train for and/or participate in **marathons**

UF: Marathon runners  
 Marathoners

BT: <Marathon Organization>

RT: 10Ks  
 5Ks  
 Half-marathons  
 Marathons

## **Running**

USE Workouts

## **Running days**

USE Workout days

## **Running forms**

SN: Posture and positions body is held in while running. Bad running form can lead to injuries

BT: Injury causes

RT: Falls  
Muscular imbalances  
Poor fitting shoes

## **Running shoes**

SN: Shoes that support **runners'** individual cushioning and structure needs

BT: <Equipment>

NT: Cushioned shoes  
Motion control shoes  
Stability shoes

RT: Poor fitting shoes

## **Seated hamstring stretches**

SN: Seated leg stretches

BT: After workout stretches

RT: Abductor stretches  
Cross arm stretches  
Downward dog calf stretches  
Hip flexor stretches  
Kneeling hip flexor stretches  
Lying quad stretches  
Trapezius stretches

## **Shin splints**

SN: A leg injury that may befall **runners** training for and/or running in **marathons**

BT: Injury types

RT: Soreness

## **Soreness**

SN: Pain in muscles caused by training for and/or running in **marathons**

BT: Injury types

RT: Shin splints

## **Sprains**

SN: Twisting of a joint, an injury that may befall **runners** training and/or running in **marathons**



BT: Injury types

### Stability shoes

SN: **Running shoes** ideal for a **runner** with normal arches whose foot slightly rolls to the outside when it lands

BT: Running shoes

RT: Cushioned shoes  
Motion control shoes

### Staggered starts

USE Corrals



Foot shape requiring  
stability shoes

### Standing calf stretches

SN: Standing leg stretches

BT: Pre-workout stretches

RT: Ankle rolls  
Knee circles  
Standing hamstring stretches  
Standing quad stretches

### Standing hamstring stretches

SN: Standing leg stretches

BT: Pre-workout stretches

RT: Ankle rolls  
Knee circles  
Standing calf stretches  
Standing quad stretches

### Standing quad stretches

SN: Standing leg stretches

BT: Pre-workout stretches

RT: Ankle rolls  
Knee circles  
Standing calf stretches  
Standing hamstring stretches

### Starting lines

SN: Line where the **marathon** begins

BT: Race Routes

RT: Corrals  
Finish lines  
Finish times

### Strains

SN: Overt stretching of a tissue, an injury that may befall **runners** training for and/or running in **marathons**

BT: Injury types  
Timing mats

### Strength training

USE Weight training

### Stretching

SN: Extending body or limbs to full length

BT: <Marathon Training>

NT: After workout stretches  
Pre-workout stretches

RT: Cool-downs  
Warm-ups

### Strips

SN: Attachable reflective pieces worn by **runners** to be more noticeable

BT: Reflective gear

RT: Armbands  
Clothing  
Lights  
Vests

### Tapering

SN: The recovery period during training, usually just before a **marathon**, when a **runner** runs for shorter and less intense times and/or distances

UF: Easy weeks

BT: Training schedules

RT: Peaks

### Timing

SN: Elements of a marathon that are timed or contribute to the timing system

NT: Chip timing  
Finish times  
Qualifying times

BT: <Marathon Organization>

### Timing chips

SN: Small electronic devices worn by **runners** in **marathons** to track their time and location

BT: Deliverables

RT: Chip timing  
Finish times



Timing chip worn on a runner's shoe

Race bibs  
Timing mats

### **Timing mats**

SN: Electronic mats placed at the **starting lines** and **finish lines** of a **marathon** that respond to the **timing chips** worn by **runners**.

BT: Race routes  
RT: Chip timing  
Finish lines  
Finish times  
Starting lines  
Timing chips



Runners crossing a timing mat

### **Torn muscles**

SN: A type of injury that may befall **runners** training for and/or running in **marathons**

BT: Injury types  
RT: Torn tissues

### **Torn tissues**

SN: A type of injury that may befall **runners** training for and/or running in **marathons**

BT: Injury types  
RT: Torn muscles

### **Training components**

SN: The elements that make up a **training schedule** for a **marathon**

NT: Cool-downs  
Warm-ups  
Workouts

BT: <Marathon Training>  
RT: Training schedules

### **Training plans**

USE Training schedules

### **Training schedules**

SN: The combination of **rest days**, **workout days**, and long or short workout days

UF: Training plans  
NT: Peaks  
Rest days

Tapering  
Workout days  
BT: <Marathon Training>  
RT: Training components

### **Training types**

SN: Methods of training and conditioning one's body in preparation for a **marathon**  
NT: Aerobic training  
Anaerobic training  
Cross training  
Hill training  
Weight training  
BT: <Marathon training>

### **Transponder timing**

USE Chip timing

### **Trapezius stretches**

SN: Arm stretches  
BT: After workout stretches  
RT: Abductor stretches  
Cross arm stretches  
Downward dog calf stretches  
Hip flexor stretches  
Kneeling hip flexor stretches  
Lying quad stretches  
Seated hamstring stretches

### **Vests**

SN: Vests with reflective pieces worn by **runners** to be more noticeable.  
BT: Reflective gear  
RT: Armbands  
Clothing  
Lights  
Strips

### **Warm-ups**

SN: An easy or low level of exertion at the beginning of a **workout**  
BT: Training components  
RT: Cool-downs  
Pre-workout stretches  
Stretching  
Workouts

### **Water stops**

- SN: Places along a **race route** to break for drinking water, usually placed every two miles
- BT: Race routes

### **Weight training**

- SN: Type of training that develops strength and size of muscles
- UF: Resistance training  
Strength training
- BT: Training types
- RT: Muscular imbalances

### **Workout days**

- SN: Days a **runner** runs or exercises when training for a **marathon**
- UF: Exercise days  
Running days
- BT: Training schedules
- RT: Rest days

### **Workouts**

- SN: Activity of running and/or exercising when training for a **marathon**
- UF: Running
- BT: Training components
- RT: Cool-downs

## References

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## Image Credits

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(In order of appearance)

Runner image on cover. Photograph from Sergey Khakimulin. (2011). Retrieved from <http://www.myhealthnewsdaily.com/1634-elite-athletes-heart-rhythm-disorders.html>

Image for cushioned shoe, motion control shoe, and stability shoe. Photograph from Peggy Malone. (2011). Retrieved from <http://drpeggymalone.com/proper-shoe-selection>

Image for race bib. Photograph from RFID Journal. (2007). Retrieved from <http://www.rfidjournal.com/article/print/3691>

Image for timing chip. Photograph from Coastal Runner. (2011). Retrieved from <http://coastalrunner.wordpress.com/>

Image for timing mat. Photograph from Time 7 Sports. (2007). Retrieved from <http://www.times-7sport.com/levene-half-marathon-uses-times-7-solutions>

## Appendix

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**Title:** *Long may you run: All. things. running*

**Author:** Chris Cooper

**Publisher:** Simon & Shuster

**Publication Date:** 2010

**Abstract:** “*Long May You Run* goes beyond the basics of running, training, and racing. It is a collection of essays, stories, statistics, humor, resolutions, achievable goals, and advice on nearly 200 separate topics to help you fill the gaps in your running life.”

(<http://www.chriscooperonline.com/>)

**Descriptors:** 10Ks, 5Ks, age groups, cross training, tapering, half marathons, hyponatremia, marathons, nutrition, rest days, runners, running forms, running shoes

**Title:** *The runner's field manual*

**Author:** Mark Remy and Runner's World

**Publisher:** Rodale Press Incorporated

**Publication Date:** 2010

**Abstract:** “Offers coverage ranging from first aid (popping blisters) to navigation (sans GPS) to identifying other species that the roving runner might encounter on the road and more information that readers may find useful, including: navigating the water stop; mating habits: when runner's date, marry, and reproduce; and, more.”

(<http://www.worldcat.org/oclc/667879678>)

**Descriptors:** chip timing, marathons, nutrition, race routes, reflective gear, runners, running forms, running shoes, starting lines, stretching, timing chips, training schedules, water stops

**Title:** *The competitive runner*

**Author:** N/A

**Publisher:** N/A

**Publication date:** N/A

**Source:** <http://www.competitiverunner.com/>

**Abstract:** “Resource for runners features advice and reviews of running shoes, heart rate monitors, books, and other running products.” (<http://www.competitiverunner.com/>)

**Descriptors:** 10Ks, 5Ks, GPSs, half-marathons, marathons, runners, running forms, running shoes, training schedules

**Title:** *Runner Girl*

**Author:** N/A

**Publisher:** N/A

**Publication date:** N/A

**Source:** <http://www.runnergirl.com/>



**Abstract:** A website dedicated “to improve the health, fitness, and well-being of girls and women by providing expert advice, merchandise, and online services to female athletes of all ages.” (<http://www.runnergirl.com/>)

**Descriptors:** 10Ks, 5Ks, cross training, half-marathons, hill training, marathons, nutrition, runners, stretching, weight training

**Title:** Cool Running

**Author:** N/A

**Publisher:** N/A

**Publication date:** N/A

**Source:** <http://www.coolrunning.com/>

**Abstract:** “Cool Running is the complete online resource for runners, offering the Web's most comprehensive race calendar, race results listings, training advice, interactive tools and a vibrant online community of runners.” (<http://www.coolrunning.com/>)

**Descriptors:** 10ks, 5Ks, half-marathons, injury causes, injury types, marathons, nutrition, runners, running shoes, training schedules

**Title:** *5k and 10K Training*

**Author:** Brian Clarke

**Publisher:** Human Kinetics

**Publication date:** 2006

**Abstract:** “Make your workouts count with the breakthrough system that synchronizes your energy levels with training effort. Instead of fighting your body to finish a workout just because it's written on the calendar, choose the most effective workouts from *5K and 10K Training* based on your body's capacity to perform at any given time.” (<http://amzn.com/0736059407>)

**Descriptors:** 10Ks, 5Ks, aerobic training, anaerobic training, hill training, rest days, runners, tapers, training schedules, training plans, weight training, workout days

**Title:** Sample Marathon Training Program\*\* *The Complete Idiot's Guide to Marathon Training*.

**Author:** David A. Levine & Paula Petrella

**Publisher:** Alpha

**Publication Date:** 2011

**Abstract:** A sample marathon training program excerpted from *The Complete Idiot's Guide to Marathon Training*.

**Descriptors:** aerobic training, anaerobic training, hill training, marathons, rest days, tapers, training plans, weight training, workout days

\*\*Attached Below

**Sample Marathon Training Program**

Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Beginner	Day off	Strength 30 mins aerobic	Cross- train or Day off	30 mins aerobic	Day off	45 mins aerobic	Day off or XT
Intermediate	Day off	Strength	Cross- train or Day off	40 mins aerobic	Day off	45 mins aerobic	30 mins aerobic or XT
Advanced	Day off	Strength 30 mins aerobic	30 mins aerobic	45 mins aerobic	Day off	45 mins aerobic	30 mins aerobic or XT

Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Beginner	Day off	Strength 30 mins aerobic	Cross- train or Day off	30 mins aerobic	Day off	1:00 aerobic	Day off or XT
Intermediate	Day off	Strength 30 mins aerobic	Cross- train or Day off	40 mins aerobic	Day off	1:00 aerobic	30 mins aerobic or XT
Advanced	Day off	Strength 40 mins aerobic	30 mins aerobic	45 mins aerobic	Day off	1:00 aerobic	30 mins aerobic or XT

Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Beginner	Day off	Strength 30 mins Aerobic	Cross- train or Day off	40 mins aerobic	Day off	1:15 aerobic	Day off or XT
Intermediate	Day off	Strength 30 mins Aerobic	Cross- train or Day off	45 mins aerobic	Day off	1:15 aerobic	30 mins aerobic or XT
Advanced	Day off	Strength 40 mins Aerobic	Cross- train or Day off	45 mins aerobic	50 mins aerobic	Day off	30 mins aerobic or XT

Week 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Taper Week Beginner	Day off	Strength 30 mins aerobic	Cross- train or Day off	30 mins aerobic	Day off	40 mins aerobic	Day off or XT
Taper Week Intermediate	Day off	Strength 30 mins Aerobic	Cross- train or Day off	30 mins aerobic	Day off	40 mins aerobic	30 mins aerobic or XT
Taper Week Advanced	Day off	Strength 30 mins aerobic	30 mins aerobic	30 mins aerobic	Day off	40 mins aerobic	30 mins aerobic or XT

Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Beginner	Day off	Strength 30 mins aerobic	Cross- train or Day off	30 mins aerobic	Day off	1:30 aerobic	Day off or XT
Intermediate	Day off	Strength 30 mins aerobic	Cross- train or Day off	40 mins aerobic	Day off	1:30 aerobic	30 mins aerobic or XT
Advanced	Day off	Strength 30 mins aerobic	30 mins aerobic	50 mins aerobic	Day off	1:30 aerobic	30 mins aerobic or XT

Week 6	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Beginner	Day off	Strength 30 mins Aerobic	Day off	30 mins aerobic	Day off	1:45 aerobic	Day off or XT
Intermediate	Day off	Strength 30 mins aerobic	Day off	40 mins aerobic	Day off	1:45 aerobic	30 mins aerobic or XT
Advanced	Day off	Strength 40 mins aerobic	40 mins aerobic	50 mins aerobic	Day off	1:45 aerobic	30 mins aerobic or XT

Week 7	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Beginner	Day off	Strength 30 mins Aerobic	Day off	40 mins aerobic	Day off	2:00 aerobic	Day off or XT
Intermediate	Day off	Strength 30 mins aerobic	30 mins aerobic	45 mins aerobic	Day off	2:00 aerobic	30 mins aerobic or XT
Advanced	30 mins aerobic	Strength 40 mins aerobic	40 mins aerobic	50 mins aerobic	Day off	2:00 aerobic	30 mins aerobic or XT

Week 8	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Taper Week Beginner	Day off	Strength 30 mins Aerobic	Day off	30 mins aerobic	Day off	1:00 aerobic	Day off or XT
Taper Week Intermediate	Day off	Strength 30 mins aerobic	30 mins aerobic	30 mins aerobic	Day off	1:00 aerobic	30 mins aerobic or XT
Taper Week Advanced	30 mins aerobic	Strength 30 mins aerobic	40 mins aerobic	30 mins aerobic	Day off	1:00 aerobic	30 mins aerobic or XT

Week 9	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Beginner	Day off	Strength	Day off	30 mins	Day off	2:30	Day off

		30 mins Aerobic		aerobic		aerobic	or XT
Intermediate	Day off	Strength 30 mins aerobic	30 mins aerobic + optional XT	50 mins aerobic	Day off	2:30 aerobic	30 mins aerobic + optional XT
Advanced	30 mins aerobic	Strength 30 mins aerobic	30 mins aerobic + XT	1:00 aerobic	Day off	2:30 aerobic	30 mins aerobic + XT

Week 10	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Beginner	Day off	Strength 30 mins aerobic	Day off	45 mins aerobic	Day off	2:45 aerobic	Day off or XT
Intermediate	Day off	Strength 30 mins aerobic	30 mins aerobic + optional XT	1:00 aerobic	Day off	2:45 aerobic	30 mins aerobic + optional XT
Advanced	30 mins LT	Strength 30 mins aerobic	30 mins aerobic + XT	1:10 aerobic	Day off	2:45 aerobic	30 mins aerobic + XT

Week 11	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Beginner	Day off	40 mins Fartlek	Day off	30 mins aerobic	Day off	6 miles LT	Day off or XT
Intermediate	Day off	3x6 mins @ AT off 4 mins	30 mins LT + optional 30 mins aerobic XT	1:00 aerobic	Day off	6 miles LT	Day off or XT
Advanced	30 mins LT	4x6 mins @ AT off 4 mins	30 mins LT + XT	1:10 aerobic	Day off	6 miles LT	30 mins aerobic or XT

Week 12	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Taper Week Beginner	Day off	Strength 30 mins aerobic	Day off	30 mins aerobic	Day off	5K LT	Day off or XT
Taper Week Intermediate	Day off	Strength 30 mins aerobic	Day off	30 mins LT	Day off	5K LT	Day off or XT
Taper Week	30 mins	Strength	Day off	30 mins	Day off	5K LT	30 mins

Advanced	LT	30 mins aerobic		LT			aerobic or XT
Week 13	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Beginner	Day off	40 mins Fartlek	Day off	40 mins aerobic	Day off	8 miles LT	Day off or XT
Intermediate	Day off	4x6:30 mins @ AT off 3:30 mins	30 mins aerobic + optional XT	1:20 aerobic	Day off	8 miles LT	30 miles aerobic + optional XT
Advanced	30 mins LT	4x6:30 mins @ AT off 3:30 mins	30 mins aerobic + optional XT	1:20 aerobic	Day off	9 miles LT	40 mins aerobic + XT

Week 14	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Beginner	Day off	40 mins Fartlek	30 mins LT	40 mins aerobic	Day off	9 miles LT	Day off or XT
Intermediate	Day off	4x7:00 mins @ AT off 3 mins	30 mins LT	40 mins LT w/hills	Day off	9 miles LT	30 miles aerobic + optional XT
Advanced	30 mins LT	4x7:00 mins @ AT off 3 mins	40 mins LT	50 mins LT w/hills	Day off	11 miles LT	40 mins aerobic + XT

Week 15	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Beginner	Day off	40 mins Fartlek	30 mins LT	40 mins aerobic	Day off	10 LT miles Time trial	Day off or XT
Intermediate	Day off	4x7:30 mins @ AT off 2:30 mins	40 mins LT w/hills	30 mins LT	Day off	10 miles LT Time trial	30 miles aerobic + optional XT
Advanced	40 mins LT	4x7:30 mins @ AT off 2:30 mins	50 mins LT w/hills	40 mins LT	Day off	13 miles LT Time trial	40 mins aerobic + XT

Week 16	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
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Taper Week Beginner	Day off	30 mins LT strength	Day off	30 mins aerobic	Day off	10K LT not a race Timetrial	Day off or XT
Taper Week Intermediate	Day off	30 mins LT strength	30 mins LT	30 mins aerobic	Day off	10K LT not a race	30 miles LT
Advanced	40 mins LT	4x7:30 mins @ AT off 2:30 mins	50 mins LTw/hills	30 mins aerobic	Day off	10K LT not a race	30 mins LT

Week 17	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Exponential Taper Beginner	Day off	30 mins LT strength	Day off	30 mins LT	Day off	30 mins LT	Day off or XT
Exponential Taper Intermediate	Day off	30 mins LT strength	30 mins LT	30 mins LT	Day off	30 mins LT	30 miles LT
Exponential Taper Advanced	30 mins LT	30 mins LT strength	30 mins LT	30 mins LT	Day off	30 mins LT	30 mins LT

Week 18	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Exponential Taper Beginner	Day off	Strength 30 mins LT	Day off	20 mins LT	Day off	10 mins LT	Race Day
Exponential Taper Intermediate	Day off	Strength 30 mins LT	30 mins LT	20 mins LT	Day off	10 mins LT	Race day
Exponential Taper Advanced	30 mins LT	30 mins LT strength	30 mins LT	20 mins LT	Day off	10 mins LT	Race day