

18 WEEK COAST GUARD MARATHON TRAINING PROGRAM FROM EVERYDAY ENDURANCE COACHING

CONGRATS ON TAKING THE FIRST STEP AND REGISTERING FOR THE COAST GUARD MARATHON! THIS TRAINING PLAN IS DESIGNED WITH ALL LEVELS OF RUNNERS IN MIND. WHETHER THIS IS YOUR 1ST OR 20TH MARATHON, THIS PLAN CAN APPLY TO YOU. MY INTENT IS NOT JUST TO GET YOU TO THE FINISH LINE, BUT TO ALSO TEACH. AS AN AVID RUNNER AND ACTIVE DUTY COASTIE, I ENJOY ASSISTING OTHERS IN REALIZING THEIR POTENTIAL. THIS IS NOT A "COUCH-TO-26.2" PLAN. BEFORE STARTING, YOU SHOULD BE RUNNING AROUND 15 MILES/WEEK. IF YOU LIKE TO POST YOUR WORKOUTS TO INSTAGRAM, USE #EVERYDAYENDURANCE AND TAG ME @RUNWITHSHANE SO I CAN SEE YOUR PROGRESS. AND FEEL FREE TO MESSAGE ME WITH ANY QUESTIONS! BEFORE DIVING STRAIGHT INTO THE TRAINING PLAN, READ ALL OF THE MATERIAL TO ENSURE YOU GET THE MOST OUT OF IT.

-COACH SHANE

This plan is built to adapt to your experience level, but it's also uniquely flexible to your needs. Here's what you should know to get the most out of the plan:

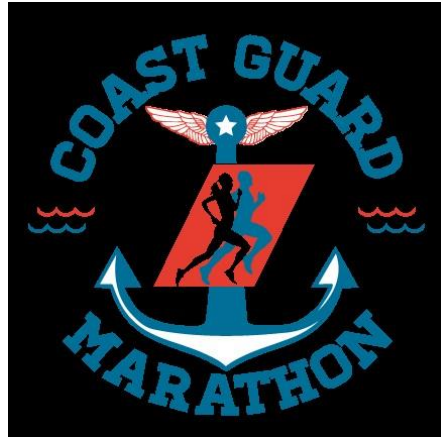
IT'S NOT JUST ABOUT DISTANCE

This training plan is built to help you to maximize your efforts on race day through Speed, Endurance and Recovery.

THIS PLAN WORKS FOR YOU

Your schedule varies. So does the weather and how you feel, but here are a few things to keep in mind as you modify this plan to your needs:

- Speed and Endurance Runs are essential parts of the plan to maximize your training.
- You have four Recovery days – use them to break up your Speed and Endurance Runs to avoid doing Speed and Endurance Runs on back-to-back days.
- Use Recovery days as you choose. You can run a few miles, cross train or take a rest. I recommend running on two of your four Recovery days.
- Stay within the recommended distance ranges during Endurance and Recovery Runs.



WEEKLY WORKOUTS

This plan includes three types of workout activities each week. All three are important to get the fittest, strongest and fastest version of you to the finish line.

SPEED RUNS

Building strength through speed training is important as you prepare. Throughout this plan you'll be introduced to a variety of speed workouts and drills that will make you faster. You'll get to do short and long intervals, fartlek, hill workouts and tempo runs. (See Types of Runs in the Glossary for definitions of these).

LONG RUNS

You need endurance training to help prepare your body and mind to go the distance on race day. You will work on endurance and pacing with weekly Long Runs. It also helps you get familiar with the physical and mental challenges that you might face during a race. This run should be run at a comfortable pace, and as a Progression Run (See Types of Runs in the Glossary for definition of Progression Run).

RECOVERY RUNS

Recovering from your workout days is just as important as the workouts themselves. Use these days to run easy and based on how you feel to help you recover at the highest quality possible after intense training. Each week of training includes two recovery runs.

REST DAYS

Great running is dependent on great rest and recovery. These days are meant for you to recharge and recover. Either take the day off or go for a few easy miles. It is essential that you talk to and listen to your body as you progress through the training program. Sometimes you will need to adjust the program to fit what you need. And yes, that means that sometimes the best speed run or long run will be no run.

HOW TO USE THE PACE CHART

Throughout the plan, you will see references to different paces and efforts you should aim to maintain during specific workouts. Over the course of your training, you will run using different pace and effort targets. Knowing your pace and effort targets will make your training easier.

Treat each pace target as the *middle* of a range. You may train slightly above or below these paces. They are *not* exact paces and you are *not* a robot.

FIND YOUR STARTING PACE

To get started, you'll need to identify the row of pace targets that is right for you. You can base your pace on any of the following:

You could use a recent 5K, 10K, half marathon or marathon time, if you have run one. By "recent" I mean in the last month or two.

You could use the average pace of some of your more recent runs. This will be your Recovery day pace.

If you already run often, you could make an educated guess based on your current fitness.

Whichever one you use, this will be your starting point to find your row of pace targets you will need on the Pace Chart.

PACE CHART

MILE BEST	5K BEST/AVG MILE PACE	10K BEST/AVG MILE PACE	TEMPO AVG MILE PACE	HALF MARATHON BEST/AVG MILE PACE	MARATHON BEST/AVG MILE PACE	RECOVERY DAY PACE
5:00	17:05/5:30	35:45/5:45	6:05	1:18:00/6:00	2:44:00/ 6:15	7:00
5:30	18:45/6:00	39:00/6:15	6:35	1:25:00/6:30	3:0:00/6:50	7:35
6:00	20:15/6:30	42:00/6:45	7:05	1:35:00/7:15	3:15:00/7:25	8:10
6:30	22:00/7:05	45:45/7:20	7:40	1:40:00/7:35	3:30:00/8:00	8:45
7:00	23:45/7:40	49:00/7:55	8:15	1:50:00/8:20	3:45:00/8:35	9:20
7:30	25:15/8:05	52:30/8:25	8:50	1:55:00/8:45	4:00:00/9:10	9:55
8:00	27:00/8:40	55:50/9:00	9:25	2:05:00/9:30	4:15:00/9:45	10:30
8:30	28:30/9:10	59:00/9:30	9:55	2:10:00/9:55	4:30:00/10:15	11:00
9:00	30:00/9:40	62:30/10:00	10:30	2:20:00/10:40	4:45:00/10:50	11:35
9:30	31:45/10:15	66:00/10:35	11:00	2:25:00/11:05	5:00:00/11:25	12:10
10:00	33:00/10:40	69:00/11:05	11:35	2:35:00/11:45	5:15:00/12:00	12:45
10:30	35:00/11:15	72:00/11:35	12:00	2:40:00/12:10	5:30:00/12:35	13:20
11:00	36:15/11:40	75:00/12:00	12:35	2:50:00/12:55	5:40:00/13:00	13:45
11:30	38:00/12:15	78:30/12:35	13:00	2:55:00/13:15	5:50:00/13:20	14:05
12:00	39:30/12:40	81:30/13:05	13:35	3:05:00/14:05	6:00:00/13:45	14:30

FOR EXAMPLE

MILE BEST	5K BEST/ AVG MILE PACE	10K BEST/ AVG MILE PACE	TEMPO AVG MILE PACE	HALF MARATHON BEST/AVG MILE PACE	MARATHON BEST/ AVG MILE PACE	RECOVERY DAY PACE
8:00	27:00/8:40	55:50/9:00	9:25	2:05:00/9:30	4:15:00/9:45	10:30

In this case, the pace targets for you are as follows:

Best Mile Pace: 8:00 minutes

5K Average Mile Pace: 8:40 minutes

10K Average Mile Pace: 9:00 minutes

Tempo Pace: 9:25 minutes

Marathon Average Mile Pace: 9:45 minutes

THINGS TO KNOW

When you have your range of pace targets, it helps to understand a few things about how you will use them:

When in doubt be sure to focus on effort. Paces can change due to many factors including but not limited to changes in fitness, weather, elevation, stress, fatigue, and lack of sleep. Be sure to listen to your body and not just focus on the numbers on your watch or phone.

As you make your way through the training there will be days you may be a little ahead of pace, and other days a little behind. Remember that the paces are only to be used as a guide. You will have good days and bad days as an athlete. Be flexible with your expectations. Hopefully, you will be increasing your fitness each week and your paces will increase in speed as you go.

When this plan is completed and you head out for race day be confident in all the work you have done. It is that work that will take you to new fitness levels, faster paces, this starting line and the all the ones beyond.

GLOSSARY

This glossary elaborates on the running-specific terms you'll see referenced throughout this plan. It's important to understand the different types of runs that this plan includes in order to get the most out of the full training journey.

TYPES OF RUNS

PROGRESSION RUN

Progression Runs improve stamina and allow the body to adapt to the stress of running. Build your pace over the course of each run by starting at a slower than Recovery Run pace and finishing at a faster than Recovery Run pace. Over the course of the run you will average your Recovery Run pace. This progression from the slowest running of the run to the fastest running of the run allows your body to ease into the run and adjust to the activity of running in a natural way. Your Long and Recovery Runs should be run as Progression Runs.

INTERVALS

Intervals refer to a Speed Run session that includes a set of running and rest intervals. There are any number of variations one could use when doing an interval Speed Run. The distance or duration as well as the pace and effort of the running interval can remain the same or change over the course of the workout. The recovery interval duration is another element of the Speed Run that can remain static or change during the workout. Ideally a session like this takes place on a track but does not need to. Any location that allows you to run freely is suitable for an interval-based Speed Run.

FARTLEK

Fartlek is loosely translated from Swedish to "speed play". Fartlek works on speed and strength by alternating distances and paces during a continuous run. An example Fartlek workout structure could be one-minute running easy followed by one-minute running hard, repeated for a certain amount of minutes, miles or alternating every city block.

HILLS

Hill workouts develop speed and form. It takes extra effort to run uphill so you do not need to run as fast as you would on a flat section. While running uphill, remain in control of your breathing. Don't lean too far forward. A light lean with the chin leading the chest is enough. Running up hills is a great way to develop speed and strength with minimal pounding on the legs. It's best to use effort as a guide rather than pace when doing a hill workout.

TEMPO RUN

A Tempo Run is a hard but controlled pace that can be run as long intervals or a steady run of 1-10 miles. The purpose of a Tempo Run is to build mental and physical endurance and to become comfortable with being uncomfortable.

TYPES OF PACE

5 speeds that will be referenced throughout the training program.

BEST PACE (?? OUT OF 10 EFFORT)

This is the pace that makes you feel like you are at your best. Sometimes this may mean running your fastest and sometimes this will mean running easier. The pace and effort you run will be your choice.

MILE PACE (9 OUT OF 10 EFFORT)

This is the pace you could race or run hard for one mile.

5K PACE (7-8 OUT OF 10 EFFORT)

This is the pace you could race or run hard for about 3 miles.

10K PACE (6-7 OUT OF 10 EFFORT)

This is the pace you could race or run hard for about 6 miles.

TEMPO PACE (6 OUT OF 10 EFFORT)

Teaching your body to be comfortable being uncomfortable by maintaining a hard pace and effort that is close to 30-35 seconds slower than your 5K pace.

RECOVERY PACE (4-5 OUT OF 10 EFFORT)

A pace easy enough that you can talk, laugh or argue freely while running.

IF YOU...

Everyone's training journey is different. But there are some recurring challenges and questions that many runners encounter along the way. Here's how to understand and overcome these common hurdles on your road to race day.

IF YOUR SCHEDULE DOES NOT MATCH THE TRAINING SCHEDULE,

Then adjust the training schedule to your needs. No training plan should ever be seen as written in stone. Instead, look at this training program as written in pencil and you have both an eraser and a pencil to make adjustments as you see fit. You are not only the athlete here... you are also the Head Coach. For best results, be sure to space out hard efforts like Speed Runs and Long Runs. Use the Recovery Runs and Rest Days to allow your body to recharge from the harder efforts.

IF YOU DON'T KNOW HOW TO FIGURE OUT YOUR PACE,

Then experiment until you find it. When you're out running, you run on feel. You have different gears whether you realize it or not. Be patient, pay attention and have fun experimenting with your comfort level while running at different speeds across different distances.

IF YOU'RE TIRED,

Figure out why. Feeling fatigued is normal as your training progresses, but make sure you're supporting yourself in all other aspects of your life: get enough sleep, eat right, hydrate properly, respect Recovery days and wear the proper shoes. Sometimes the best training is to focus on recovery and rest.

IF YOU LACK MOTIVATION,

Look for inspiration. Even where you don't expect to find it—like on a run that you don't want to do. And remember, if you are willing to look for motivation that means you've already got some! Be kind and patient with yourself... and you'll find that inspiration and motivation you need.

IF YOU HAVE A TERRIBLE RUN,

Move on to the next one. Some runs are just terrible—sometimes there's no reason, sometimes there is. Take a moment to see if there's a reason and learn something about yourself if there is. Being comfortable with a bad run is just as important as the joy of a great run.

IF YOU'RE HURT,

Stop running. There is a difference between hurting and being hurt. It's essential to listen to and learn from your body throughout your training. Sometimes missing miles in the present lets you run better miles in the future. We know it's not easy for an athlete to hold back or take off some days.

IF YOU NEED TO ADJUST THE RECOMMENDED TRAINING,

Remember, this program is a guide. The daily training recommended here is meant to serve as a starting point for you each day. We hope to give you the guidance you need to be able to coach yourself as to when to push forward, when to pull back and when it is best to maintain. The best coach for you is you because you know your fitness better than anyone else. Some days you will run the recommended training and other days you will run more or less. Listen to your body.

18 WEEKS TO GO

RECOVERY RUN

10:00 Recovery Run

SPEED RUN

Intervals

10:00 Warm Up

8 x 1:00 5K Pace

1:00 Recovery Between Intervals

10:00 cool down

RECOVERY RUN

2 Mile Recovery Run

RECOVERY RUN

7:00 Recovery Run

LONG RUN

5 Mile Run

17 WEEKS TO GO

RECOVERY RUN

12:00 Recovery Run

RECOVERY RUN

3.1 Mile Recovery Run

SPEED RUN

Intervals

10:00 Warm Up

1:00 5K Pace

2:00 10K Pace

1:00 5K Pace

2 x 0:45 Mile Pace

2:00 10K Pace

1:00 5K Pace

0:45 Mile Pace

0:30 Best Pace

0:15 Best Pace

1:00 Recovery between all intervals

RECOVERY RUN

1 Mile Recovery Run

LONG RUN

10K/6.2 Mile Run

16 WEEKS TO GO

RECOVERY RUN

15:00 Recovery Run

RECOVERY RUN

5K/3.1 Mile Recovery Run

SPEED RUN:

Fartlek

10:00 Warm Up

21:00 Fartlek

Alternate between 1:00 Hard Running and 2:00
Easy Running for 21:00

RECOVERY RUN

25:00 Recovery Run

LONG RUN

7 Mile Run

15 WEEKS TO GO

RECOVERY RUN

20:00 Recovery Run

RECOVERY RUN

30:00 Recovery Run

SPEED RUN

Hill Workout

10:00 Warm Up

45 seconds 10K Effort

15 seconds Best Effort

Interval series should be done 5 x's

Recovery is 1:15 after 10k effort

and 45 seconds after Best Effort

RECOVERY RUN

35:00 Recovery Run

LONG RUN

10K/6.2 Mile Run

14 WEEKS TO GO

RECOVERY RUN

25:00 Recovery Run

RECOVERY RUN

40:00 Recovery Run

SPEED RUN

Intervals

10:00 Warm Up

3 x 2:00 5K Pace

10:00 Tempo Run

3 x 2:00 5K Pace

Recovery is 1:00 after 5K Pace

intervals and 2:00 after Tempo Run

RECOVERY RUN

45:00 Recovery Run

LONG RUN

8 Mile Run

13 WEEKS TO GO

RECOVERY RUN

30:00 Recovery Run

RECOVERY RUN

35:00 Recovery Run

SPEED RUN

Intervals

10:00 Warm Up

3:00 5K Pace

4 x 0:30 Mile Pace

Interval series should be done 3 x's

2:00 Recovery after 5K Pace

1:00 Recovery after Mile Pace

RECOVERY RUN

45:00 Recovery Run

LONG RUN

10 Mile Run

12 WEEKS TO GO

RECOVERY RUN

35:00 Recovery Run

RECOVERY RUN

30:00 Recovery Run

SPEED RUN

Tempo Run

10:00 Warm Up

20:00 Tempo Run

RECOVERY RUN

48:00 Recovery Run

LONG RUN

9 Mile Run

11 WEEKS TO GO

RECOVERY RUN

35:00 Recovery Run

RECOVERY RUN

25:00 Recovery Run

SPEED RUN

Intervals

10:00 Warm Up

3 x 7:00 5K Pace

Recovery is 2:30 between intervals

RECOVERY RUN

60:00 Recovery Run

LONG RUN

12.5 Mile Run

10 WEEKS TO GO

RECOVERY RUN

45:00 Recovery Run

RECOVERY RUN

32:00 Recovery Run

SPEED RUN

Tempo Run

10:00 Warm Up

25:00 Tempo Run

RECOVERY RUN

33:00 Recovery Run

LONG RUN

13.1 Miles

9 WEEKS TO GO

RECOVERY RUN

50:00 Recovery Run

RECOVERY RUN

60:00 Recovery Run

SPEED RUN

Intervals

10:00 Warm Up

5 x 5:00 10K Pace

2:00 recovery between intervals

RECOVERY RUN

33:00 Recovery Run

LONG RUN

120:00(2 hour) Run

8 WEEKS TO GO

RECOVERY RUN

40:00 Recovery Run

RECOVERY RUN

35:00 Recovery Run

SPEED RUN

Tempo Run

10:00 Warm Up

23:00 Tempo Run

First 12:00 running out strong and controlled

Last 11:00 running back progressively faster. Goal is to cover same distance out and back.

RECOVERY RUN

30:00 Recovery Run

LONG RUN

15 Mile Run

7 WEEKS TO GO

RECOVERY RUN

60:00 Recovery Run

RECOVERY RUN

30:00 Recovery Run

SPEED RUN

Hill Workout

10:00 Warm Up

1:00 10K Effort

0:45 5K Effort

0:30 Mile Effort

Series is to be run a total of 3 times

Recovery is 2:00 after 10K effort,

1:30 after 5K effort & 1:00 after Mile effort

RECOVERY RUN

30:00 Recovery Run

LONG RUN

17 Mile Run

6 WEEKS TO GO

RECOVERY RUN

65:00 Recovery Run

RECOVERY RUN

31:00 Recovery Run

SPEED RUN

Intervals

10:00 Warmup

8:00 10K Pace

4:00 5K Pace

2:00 Mile Pace

Interval series should be done 3 x's

3:00 recovery after 10K Pace and

2:00 recovery after 5K and Mile Pace intervals

RECOVERY RUN

30:00 Recovery Run

LONG RUN

90:00 Run

5 WEEKS TO GO

RECOVERY RUN

75:00 Recovery Run

RECOVERY RUN

25:00 Recovery Run

SPEED RUN

Fartlek

10:00 Warm Up

21:00 *Fartlek*

Alternate between 2:00 of hard running and 1:00 of easy running

RECOVERY RUN

30:00 Recovery Run

LONG RUN

20 Mile Run

4 WEEKS TO GO

RECOVERY RUN

45:00 Recovery Run

RECOVERY RUN

45:00 Recovery Run

SPEED RUN

Intervals

10:00 Warm Up

1:00 Mile Pace

5:00 5K Pace

10:00 10k Pace

5:00 5K Pace

1:00 Mile Pace

Recovery is 30 seconds after Mile Pace, 2:30 after 5K pace, 3:00 after 10K pace

RECOVERY RUN

25:00 Recovery Run

LONG RUN

16 Mile Run

3 WEEKS TO GO

RECOVERY RUN

80:00 Recovery Run

RECOVERY RUN

25:00 Recovery Run

SPEED RUN

Tempo Run

10:00 Warm Up

5 Mile Tempo Run

10:00 Cool Down

RECOVERY RUN

30:00 Recovery Run

LONG RUN

13 Mile Run

2 WEEKS TO GO

RECOVERY RUN

45:00 Recovery Run

RECOVERY RUN

4 Mile Recovery Run

SPEED RUN

Intervals

10:00 Warm Up

1:00 Mile Pace

3:00 5K Pace

5:00 10K Pace

7:00 Recovery Run Pace

0:30 recovery after Mile Pace

1:30 recovery after 5K Pace

2:30 recovery after 10K Pace

RECOVERY RUN

60:00 Recovery Run

LONG RUN

10 Mile Run

1 WEEK TO GO

RECOVERY RUN

5K/3.1 Mile Recovery Run

RECOVERY RUN

25:00 Recovery Run

SPEED RUN

Tempo Run

10:00 Warmup

5:00 Recovery Run Pace

4:00 10K Pace

3:00 5K Pace

2:00 Mile Pace

1:00 Best Pace

This is to be run as a 15:00 Progression Tempo Run

SHAKEOUT RUN

1 Mile Run

THE RACE!

26.2 Miles