

Great Wall of China Marathon -- Workout Plan (Basic)

M	T	W	TH	F	SA	SU
						29-Dec 3mi (5km) @CP(R/W)
M	T	W	TH	F	SA	SU
30-Jan	31	1-Jan	2-Jan	3	4	5
Rest -or- Train	X 3mi (5km) @CP(R/W)	3mi (5km) @CP(R/W)	3mi (5km) @CP(R/W)	Rest Day	5mi (8km) @CP(R/W)	Rest Day
M	T	W	TH	F	SA	SU
6	7	8	9	10	11	12
Rest -or- Train	X 3mi (5km) @CP(R/W)	3mi (5km) @CP(R/W)	3mi (5km) @CP(R/W)	Rest Day	7mi (11.2km) @CP(R/W)	Rest Day
M	T	W	TH	F	SA	SU
13	14	15	16	17	18	19
Rest -or- Train	X 3mi (5km) @CP(R/W)	4mi (6.4km) @CP(R/W)	3mi (5km) @CP(R/W)	Rest Day	5mi (8km) @CP(R/W)	Rest Day
M	T	W	TH	F	SA	SU
20	21	22	23	24	25	26
X-Train	3mi (5km) @CP(R/W)	<i>Total: 4mi (6.4km)</i> W/U=1.5mi(2.4km) @CP Hills=4x200m(asc/dsc) @PE R=1/2T C/D=1.5mi(2.4km) @CP	3mi (5km) @CP(R/W)	Rest Day	8mi (12.9km) @CP(R/W) -- Striders: 4-6 x 100m	Rest Day
M	T	W	TH	F	SA	SU
27	28	29	30	31	1-Feb	2
X-Train	3mi (5km) @CP(R/W)	<i>Total: 5mi (8km)</i> W/U=2mi(3.2km) @CP Hills=4x200m(asc/dsc) @PE R=1/2T C/D=2mi(3.2km) @CP	3mi (5km) @CP(R/W)	Rest Day	10mi (16km) @CP(R/W) -- Striders: 4-6 x 100m	Rest Day

M	T	W	TH	F	SA	SU
3	4	5	6	7	8	9
X-Train	3mi (5km) @CP	<i>Total: 5mi (8km)</i> W/U=2mi(3.2km) @CP Hills=4x200m(asc/dsc) @PE R=1/2T C/D=2mi(3.2km) @CP	4mi (6.4km) @CP	Rest Day	8mi (12.9km) @CP(R/W) -- Striders: 4-6 x 100m	Rest Day

M	T	W	TH	F	SA	SU
10	11	12	13	14	15	16
X-Train	3mi (5km) @CP	<i>Total: 6mi (9.7km)</i> W/U=2mi(3.2km) @CP For 2mi(3.2km), run 1min @PE and 1min @CP C/D=2mi(3.2km) @CP	4mi (6.4km) @CP	Rest Day	11mi (17.7km) @CP(R/W)	Rest Day

M	T	W	TH	F	SA	SU
17	18	19	20	21	22	23
X-Train	3mi (5km) @CP	<i>Total: 6mi (9.7km)</i> W/U=2mi(3.2km) @CP For 2mi(3.2km), run 1min @PE and 1min @CP C/D=2mi(3.2km)	4mi (6.4km) @CP	Rest Day	Half-Marathon(21.1km) Race - or - Time Trial of equal distance	Rest Day

M	T	W	TH	F	SA	SU
24	25	26	27	28	1-Mar	2
X-Train	3mi (5km) @CP	<i>Total: 7mi (11.3km)</i> W/U=2mi(3.2km) @CP For 3mi(4.8km), run 1min @PE and 30sec @CP C/D=2mi(3.2km) @CP	4mi (6.4km) @CP	Rest Day	11mi (17.7km) @CP(R/W) -- Striders: 4-6 x 100m	Rest Day

M	T	W	TH	F	SA	SU
3	4	5	6	7	8	9
X-Train	3mi (5km) @CP	<i>Total: 6mi (9.7km)</i> W/U=2mi(3.2km) @CP Hills=4x400m(asc/dsc) @PE R=1/2T C/D=2mi(3.2km) @CP	4mi (6.4km) @CP	Rest Day	14mi (22.5km) @CP(R/W)	Rest Day

M	T	W	TH	F	SA	SU
10	11	12	13	14	15	16
X-Train	4mi (6.4km) @CP	<i>Total: 7mi (11.3km)</i> W/U=2.5mi(4km) @CP Hills=4x400m(asc/dsc) @PE R=1/2T C/D=2.5mi(4km) @CP	5mi (8km) @CP	Rest Day	13mi (21km) @CP(R/W) -- Striders: 4-6 x 100m	Rest Day

M	T	W	TH	F	SA	SU
17	18	19	20	21	22	23
X-Train	4mi (6.4km) @CP	Total: 7mi (11.3km) W/U=2.5mi(4km) @CP Hills=4x400m(asc/dsc) @PE R=1/2T C/D=2.5mi(4km) @CP	5mi (8km) @CP	Rest Day	16mi (25.8km) @CP(R/W)	Rest Day

M	T	W	TH	F	SA	SU
24	25	26	27	28	29	30
X-Train	5mi (8km) @CP	9mi (14.5km) @CP(R/W) -- Stair mile (1min/1min)	5mi (8km) @CP	Rest Day	13mi (19.3km) @CP(R/W) -- Striders: 4-6 x 100m	Rest Day

M	T	W	TH	F	SA	SU
31	1-Apr	2	3	4	5	6
X-Train	5mi (8km) @CP	9mi (14.5km) @CP(R/W) -- Stair mile (1min/30sec)	5mi (8km) @CP	Rest Day	20mi (32.2km) @CP(R/W)	Rest Day

M	T	W	TH	F	SA	SU
7	8	9	10	11	12	13
X-Train	6mi (9.7km) @CP(R/W)	8mi (12.9km) @CP(R/W) -- Stair mile (1min/30sec)	4mi (6.4km) @CP	Rest Day	11mi (17.7km) @CP(R/W) -- Striders: 4-6 x 100m	Rest Day

M	T	W	TH	F	SA	SU
14	15	16	17	18	19	20
X-Train	5mi (8km) @CP	8mi (12.9km) @CP(R/W) -- Striders: 4-6 x 100m	4mi (6.4km) @CP	Rest Day	10mi (16km) @CP(R/W)	Rest Day

M	T	W	TH	F	SA	SU
21	22	23	24	25	26	27
X-Train	4mi (6.4km) @CP	6mi (9.7km) @CP(R/W) -- Striders: 4-6 x 100m	4mi (6.4km) @CP	Rest Day	6mi (9.7km) @CP(R/W)	Rest Day

M	T	W	TH	F	SA	SU
28	29	30	1-May			
X-Train	3mi (5km) @CP(R/W)	3mi (5km) @CP(R/W) -- or Rest Day	GREAT WALL OF CHINA MARATHON!			

Workout Legend

mi = mile(s)

m = meter(s); 100m= (1) straightaway or (1) curve on a full-sized track; (1) lap on a full-sized track = 400m

km = kilometer(s)

min = minute(s)

HRM = heart rate monitor

bpm = beats per minute

X-Train = cross train; any sustained cardio activity (biking, swimming, stair-mill, spinning, etc.) for at least 30-40 minutes

CP = Conversation Pace; pace where you can talk without labored breath; if using a HRM, CP = 110 - 140 bpm; CP should be around a (4 - 6) on an personal effort scale of (1 - 10)

PE = Perceived Exertion; pace where conversation is limited between breaths; PE should be around 7-9 on a scale of (1 -

W/U = warm-up period (conducted at CP)

C/D = cooldown period (conducted at CP)

asc/dsc = ascent/descent (i.e., "200m asc/dsc @PE" is simply running 200 meters uphill and 200 meters downhill at PE

R = rest period (normal occurs during intervals or hill repeats); "**1/2T**" is to take a stationary rest for half the time it took you to complete the previous interval; "**1/2D**" is to take a jogging rest for half of the distance of the previous interval

Stair mile (Xmin/Xsec) = For the last mile (1600meters) of a workout, run up&down stairs; (Xmin/Xsec) means to run the stairs for a period of "Xminutes" and to take a stationary rest for a period of "Xseconds"until you've completed a mile (1600m)

Hills = hill repeats; the angle can range from 10% to 50% based on how strong you feel at the outset; ex: "4x200m asc/dsc @PE" is running uphill for 200m and back down 200m--repeat that sequence (4) times for a total of 1600m

R/W = run/walk (as necessary); implement R/W to cover the workout duration until able to sustain a run; set your own R/W intervals in accordance with your fitness level (R-1min/W-5min..R-5min/W-5min...etc)

Striders = conducted immediately after the run; it is an acceleration from CP -> 90% all-out effort & decelerate slowly at the end of each repetition; Optimal surface for Striders is barefoot in the grass (builds up foot muscle strength)