

NIKE RUNNING
RACE
COACH

MARATHON TRAINING
FINISH A RACE
WITH COACH PURVIS



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE	RUN	WORKOUT	RUN	WORKOUT	RUN	DAY OFF	DAY OFF
9 miles	3 miles It's your first day of Marathon training. Ease into the regimen with a 3-mile run.	Weight Training Weight training is a huge part of any training program. Kick it off right with the NTC 30-minute Beginner Get Lean Sweat + Shape.	3 miles Run it back. Take on this 3-mile run and get it going.	Weight Training You need to maintain fitness throughout training. Take on the NTC 30-minute Beginner Get Tone Body Flexor to balance out your training regimen.	3 miles The beginning of this program is all about building your base. Today take on another 3 miles and get to it.	Rest Getting the proper amount of rest will help your body get through the training program. Take today off, you earned it.	Rest Your mileage is getting bumped up next week. Better take another day off to rest up.
1							
TOTAL MILEAGE	RUN	WORKOUT	RUN	WORKOUT	RUN	DAY OFF	DAY OFF
11 miles	4 miles Now's the time to gradually increase your mileage. Push yourself to 4 miles today.	Weight Training Find your strength. Complete the NTC 30-minute Beginner Get Strong Total Adrenaline workout.	3 miles 3 miles will feel like a breeze after Monday's run. Go get it.	Weight Training Get your blood pumping with the NTC 30-minute Beginner Get Lean Fighter Fit program.	4 miles Start the weekend strong with a solid 4 mile run.	Rest That was an impressive week. Take the day off.	Rest Take it easy today and get ready for your longest run yet tomorrow.
2							
TOTAL MILEAGE	RUN	WORKOUT	RUN	WORKOUT	RUN	DAY OFF	DAY OFF
15 miles	5 miles Things are about to get real this week. Start it off right with a 5-mile run.	Weight Training Stay strong with the NTC Intermediate 45-minute Get Toned Competitor program.	4 miles Get after 4 miles today. Need motivation? Ask a friend to join you to help you stay motivated.	Weight Training Get ready to put in serious work. Complete the NTC Intermediate 45-minute Get Toned Competitor.	6 miles Power through a 6-mile run today, any terrain. Time to make it happen.	Rest Way to push through yesterday's run. Enjoy the day off, you earned it.	Rest Your body needs the appropriate time to recover. Take it easy and give your legs another day to rest.
3							
TOTAL MILEAGE	RUN	WORKOUT	RUN	WORKOUT	RUN	DAY OFF	DAY OFF
19 miles	7 miles It's Monday, and that means it's back to business with a 7-mile run.	Weight Training Keep your momentum going with the NTC 45-minute Beginner Get Lean Hurricane program.	5 miles Show this 5-mile run you mean business. Go get it.	Weight Training Get after a NTC 30-minute Beginner Get Strong Total Adrenaline program.	7 miles Run 7 miles today and mix it up by changing the pace, route or terrain. Try a trail run, or a new route you've been itching to try.	Rest Way to push yourself into overdrive yesterday. Enjoy your day off, you earned it.	Rest Take time to let your body rest in preparation for next week's training. If you feel the need to stay loose, do a 30-minute cardio workout or do your favorite NTC workout.
4							
TOTAL MILEAGE	RUN	WORKOUT	WORKOUT	WORKOUT	WORKOUT	LONG RUN	DAY OFF
20 miles	8 miles Kick the week off with an 8-miler. You're on your way.	Weight Training Strength training doesn't just make you strong, it helps you become a better runner. Today do the NTC Intermediate 30-minute Get Strong Perfect Score program.	4-mile Tempo Take on a 4-mile Tempo Run today. Mixing up your pace will help you when it comes time for your longer runs.	Weight Training Do the NTC 45-minute Advance Get Strong Endurance Master program. Endurance might just come in handy when you're running your Marathon on race day.	Stretch When logging this many miles, you've got to stretch regularly. Do some yoga to keep your body limber and ready for race day.	8 miles Go for 8 miles today and remember the importance of hydrating during these long runs.	Rest Yesterday's run wipe you out? Today's your day off. Kick your feet up and relax.
5							



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WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE	RUN	WORKOUT	DAY OFF	WORKOUT	RUN	LONG RUN	DAY OFF
22 miles 6	7 miles Hope you liked your day off yesterday, because today calls for a 7-mile run.	Weight Training The NTC 30-minute Advance Get Strong Power Up and 15-minute Get Focused Core Crunch has your name written all over it.	Rest Your legs have gotten you this far, give them the day off.	Weight Training It's time to crush the NTC 45-minute Advance Get Toned Total Impact program.	5 miles Take today's 5-mile run easy, you've got a long run ahead of you tomorrow.	10 miles Welcome to double digit mileage. 10 miles. Go.	Rest You crushed your long run yesterday. Take today to rest up for the week ahead.
TOTAL MILEAGE	RUN	WORKOUT	TRACK	WORKOUT	WORKOUT	LONG RUN	DAY OFF
23 miles 7	7 miles Start the week off with a 7-miler. Go get it.	Weight Training Do the NTC Intermediate 30-minute Get Strong Perfect Score program and show it you mean business.	Short Intervals Time to hit the track. Run a 1-mile warm up, 5 x 600m repeats, recovering with 400m in between each rep. If you can't get to a track, try a flat area or grass surface.	Weight Training It's go time: Do the NTC 45-minute Beginner Get Lean Cardio Surge program.	Stretch It's time for some yoga. Flexibility and strength are two things that will come in handy come race day.	12 miles Show this 12-miler you're in it to win it.	Rest That was quite a week. Take it easy and rest up for the next one.
TOTAL MILEAGE	RUN	WORKOUT	WORKOUT	WORKOUT	RUN	LONG RUN	DAY OFF
30 miles 8	5 miles Time to get after 5 miles — nothing you haven't seen before.	Cross Training Mix up your routine with a spin class or do the NTC 30-minute Advance Get Lean Razor Sharp program.	6-mile Tempo Time to tempo. Start off with a 1-mile warm up, then speed things up with a 4-mile tempo run. Finish with a 1-mile cool down.	Weight Training Get pumped for the NTC 45-minute Advance Get Toned Super Fusion or a spin class.	5 miles End your workweek strong with a 5-mile run.	14 miles Run 14 miles today. Rest tomorrow.	Rest That was a long one yesterday. Way to power through. Take some time to recover and enjoy your day off.
TOTAL MILEAGE	RUN	WORKOUT	TRACK	WORKOUT	WORKOUT	LONG RUN	DAY OFF
26 miles 9	6 miles Week 9 and feeling fine. Kick it off with a 6-mile run.	Cross Training Keep your muscles loose with a swim, spin class, or try the NTC 30-minute Advance Get Toned Jump Around program.	Short Intervals Start with a 1-mile warm up, then run 4 x 200m at a 35-second pace, 2 x 400m at a 1:40-minute pace, and a 600m at a 2-minute pace, taking a 1:30 rest between reps. Finish with a 1-mile cool down.	Weight Training Endurance is earned. Earn yours with the NTC 45-minute Advance Get Strong Endurance Master program.	Stretch Get a good stretch in today and prepare for tomorrow with some yoga.	16 miles You've got a 16-miler today. If these long runs are too tough, try breaking them up into two runs.	Rest Take it easy today after yesterday's long run. Your legs will thank you tomorrow.
MILEAGE	RUN	WORKOUT	WORKOUT	DAY OFF	WORKOUT	LONG RUN	DAY OFF
34 miles 10	7 miles Get after 7 miles today. Mix up the pace or try a new run route to keep things fresh.	Cross Training Go for a swim or sign up for a spin class to keep your body moving without pounding the pavement.	9-mile Tempo Tempo Runs are great for finding your race pace. Kick off your 7-mile Tempo Run with a 1-mile warm up, and finish with a well-deserved 1-mile cool down.	Rest Take the day off. You earned it, and your legs need it.	Stretch Today is for stretching. Something like yoga will help you own it on race day.	18 miles 18 miles is a serious run. Get ready to go.	Rest If you've ever earned a day off, it's the day after an 18-mile run.

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WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE	RUN	WORKOUT	RUN	WORKOUT	WORKOUT	LONG RUN	DAY OFF
33 miles	5 miles Today's all about speed. Run 5 miles at your goal race pace and do it up.	Weight Training Faster, stronger. Try the NTC Get Strong Advance Be Explosive program.	8 miles You've been going hard. Ease it back today and run 8 miles at an easy pace.	Weight Training Stay strong with the NTC Get Lean Advance Shakedown program.	Stretch A good stretch will help you loosen up for tomorrow's long run. Yoga or pilates should do the trick.	20 miles Not everyone can say they've run 20 miles. After today, you can.	Rest Kick back and enjoy your day off — you earned it.
11							
TOTAL MILEAGE	WORKOUT	RUN	WORKOUT	WORKOUT	WORKOUT	LONG RUN	DAY OFF
28 miles	Stretch Feel the burn? Make today all about a good, deep stretch. Now's not the time to tighten up.	7 miles Ease back into it with an easy 7-mile run.	Weight Training Get after the NTC Get Toned Intermediate Body Buffer program. Feel yourself getting stronger.	5-mile Tempo The mileage is low, but the extremes should be high. Log a 5-mile Tempo Run and vary the pace as much as you can.	Stretch Yoga not only gives you a good stretch, it also helps you relax after 12 full weeks of training.	16 miles Run 16 miles today. It's far, but you've finished runs longer than this before.	Rest After crushing 16 miles yesterday, it's time to relax.
12							
TOTAL MILEAGE	RUN	WORKOUT	RUN	WORKOUT	RUN	LONG RUN	DAY OFF
35 miles	8 miles Get out there and run for fun. Take this 8 miles easy.	Weight Training Find strength in yourself. The NTC Get Toned Intermediate Stinger program should work.	7 miles Race day is sneaking up on you. Go for 7 miles today and try to find your race pace.	Stretch Don't let an injury derail your training this close to race day. Stay loose and focused with yoga.	5 miles Cruise in comfort for this 5-mile run.	15 miles Forget about past performances and focus on today as you get ready to crush 15 miles.	Rest Today's your day off. Enjoy it so you can come back strong tomorrow.
13							
TOTAL MILEAGE	RUN	WORKOUT	RUN	WORKOUT	WORKOUT	LONG RUN	DAY OFF
22 miles	6 miles This is your last week of training before you taper. Start it off easy with a 6-mile run slower than your goal race pace.	Weight Training Stronger muscles, stronger runner. Bring your best to the NTC Get Lean Beginner Jump Start program.	4 miles You've been training hard. Now's your time to shine. Log 4 miles at race pace and prove what you're made of.	Weight Training Today you'll see your muscles take shape with the NTC Get Strong Beginner Muscle Definer program.	Stretch Yoga will help you get in the right mentality to conquer tomorrow's long run.	12 miles Run 12 miles today and feel good knowing you're almost there.	Rest Let your body rest and recover today. And no rest day is complete without a good night's sleep.
14							
TOTAL MILEAGE	RUN	WORKOUT	DAY OFF	WORKOUT	DAY OFF	RUN	RACE DAY
36 miles	8 miles It's officially race week. Run 8 miles at an easy pace to kick it off right.	Weight Training Do you need to be reminded that it's race week? Power through the NTC Get Toned Intermediate Kickin It program.	Rest After weeks of training, race day is almost here. You've come a long way since Week 1. Take the day off to get your mind and body right.	Stretch Get a solid day of stretching in before race day with some yoga.	Rest Only one more day of training left. Take today off, remember to relax, and get a good night's sleep. And no junk food or bingeing; it could reverse a lot of the hard work you've put in so far.	2 miles Get pumped — tomorrow's race day. Stay loose with a 2-mile shakeout run in your race day outfit to make sure there are no surprises with your gear tomorrow.	Marathon You made it through the training and are ready to crush your Marathon.
15							