

NIKE WOMEN'S MARATHON 2011

Nike Women's Marathon / nikemarathon.com

Intermediate Level

For experienced fitness runners who have run 15-25 miles/week over at least one month leading up to marathon training

Week	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	7/25 - 7/31	Rest	3mi Pre-Run: Nothing / Post-Run: Myrtl	4mi Pre-Run: Nothing / Post-Run: Back	30 minutes of Training (Get lean, toned and strong with custom workouts on the Nike Training Club app. Download the free app on iTunes.)	3mi Pre-Run: Nothing / Post-Run: Myrtl	5mi Pre-Run: Nothing / Post-Run: Back	30 minutes of Training (Get lean, toned and strong with custom workouts on the Nike Training Club app. Download the free app on iTunes.)
2	8/1 - 8/7	Rest	3mi Pre-Run: Nothing / Post-Run: Myrtl	4mi Pre-Run: Nothing / Post-Run: Back	30 minutes of Training (Get lean, toned and strong with custom workouts on the Nike Training Club app. Download the free app on iTunes.)	3mi Pre-Run: Nothing / Post-Run: Myrtl	4mi Pre-Run: Nothing / Post-Run: Back	30 minutes of Training (Get lean, toned and strong with custom workouts on the Nike Training Club app. Download the free app on iTunes.)
3	8/8 - 8/14	Rest	4mi Pre-Run: Myrtl / Post-Run: Pedestal and Back	5mi Pre-Run: Myrtl / Workout: Fartlek: 2 on, 1 off for 2 miles, with 2 mile warm-up and 1 mile cool-down / Post-Run: Lunge and Pedestal	30 minutes of Training (Get lean, toned and strong with custom workouts on the Nike Training Club app. Download the free app on iTunes.)	3mi Pre-Run: Myrtl / Post-Run: Back	6mi Pre-Run: Myrtl / Long run on hilly course / Post-Run: Lunge, Pedestal, and Myrtl	30 minutes of Training (Get lean, toned and strong with custom workouts on the Nike Training Club app. Download the free app on iTunes.)
4	8/15 - 8/21	Rest	4mi Pre-Run: Myrtl / Post-Run: Pedestal and Back / 4x100m strides if you feel well	5mi Pre-Run: Myrtl / Workout: Fartlek: 3 on, 1 off for 2 miles, with 2 mile warm-up and 1 mile cool-down / Post-Run: Lunge and Pedestal	4mi Easy run	4mi Pre-Run: Myrtl / Post-Run: Back / 4x100m strides if you feel well.	6mi Pre-Run: Myrtl / Long run on hilly course / Post-Run: Lunge, Pedestal, and Myrtl	30 minutes of Training (Get lean, toned and strong with custom workouts on the Nike Training Club app. Download the free app on iTunes.)
5	8/22 - 8/28	Rest	5mi Pre-Run: Myrtl / Post-Run: Pedestal and Back	6mi Pre-Run: Lunge / Workout: Fartlek: 4 on, 1 off for 3 miles, with 2 mile warm-up and 1 mile cool-down / Post-Run: Pedestal and Myrtl	4mi Easy run	5mi Pre-Run: Myrtl / Post-Run: Back / 4x100m strides if you feel well.	8mi Pre-Run: Myrtl / Long run on hilly course / Post-Run: Lunge, Pedestal, and Myrtl	30 minutes of Training (Get lean, toned and strong with custom workouts on the Nike Training Club app. Download the free app on iTunes.)

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6	8/29 - 9/4	Rest	5mi Pre-Run: Myrtl / Post-Run: Pedestal and Back	7mi Pre-Run: Lunge / Workout: 5x800m, with 400m rest in the same time you're running the 800s, as well as 2 mile warm-up and 1 mile cool-down / Post-Run: Pedestal and Myrtl	4mi Easy run	5mi Pre-Run: Myrtl / Post-Run: Back / 4x100m strides if you feel well.	8mi Pre-Run: Lunge/ Long run on hilly course / Post-Run: Pedestal, Back, and Myrtl	4mi Easy run
7	9/5 - 9/11	Rest	5mi Pre-Run: Lunge / Post-Run: Pedestal and Back	6mi Pre-Run: Lunge / Workout: Fartlek: 4 on, 1 off for 3 miles, with 2 mile warm- up and 1 mile cool-down / Post- Run: Pedestal and Myrtl	4mi Easy run	5mi Pre-Run: Myrtl / Post-Run: Back / 4x100m strides if you feel well.	10mi Pre-Run: Lunge/ Long run on hilly course / Post-Run: Pedestal, Back, and Myrtl	30 minutes of Training (Get lean, toned and strong with custom workouts on the Nike Training Club app. Download the free app on iTunes.)
8	9/12 - 9/18	Rest	5mi Pre-Run: Lunge / Post-Run: Pedestal and Back	8mi Pre-Run: Lunge / Workout: 2x2 miles with 3 min recovery; each 2 mile repetition should be faster than the previous; run 2 miles controlled, 2 mile warm-up, and 2 mile cool- down / Post-Run: Pedestal and Myrtl	4 Easy run	5mi Pre-Run: Myrtl / Post-Run: Back / 4x100m strides if you feel well.	16mi Pre-Run: Lunge / Long run on hilly course / Post-Run: Pedestal, Back, and Myrtl	5mi Easy run
9	9/19 - 9/25	Rest	5mi Pre-Run: Lunge / Post-Run: Pedestal and Back	9mi Pre-Run: Lunge / Workout: 8x800m, with 400m rest in the same time you're running the 800s, as well as 2 mile warm-up and 1 mile cool-down / Post-Run: Pedestal, Back, and Myrtl	4mi Easy run	5mi Pre-Run: Myrtl / Post-Run: Back / 4x100m strides if you feel well.	12mi Pre-Run: Lunge/ Long run on hilly course / Post-Run: Pedestal, Back, and Myrtl	30 minutes of Training (Get lean, toned and strong with custom workouts on the Nike Training Club app. Download the free app on iTunes.)

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10	9/26 - 10/2	Rest	5mi Pre-Run: Lunge / Post-Run: Pedestal and Back	8mi Pre-Run: Lunge / Workout: 2x2 miles with 3 min recovery; each 2 mile repetition should be faster than the previous; run 2 miles controlled, 2 mile warm-up, and 2 mile cool- down / Post-Run: Pedestal and Myrtl	4mi Easy run	5mi Pre-Run: Myrtl / Post-Run: Back / 4x100m strides if you feel well.	12mi Pre-Run: Lunge/ Long run on hilly course / Post-Run: Pedestal, Back, and Myrtl	5mi Easy run
11	10/3 - 10/9	Rest	5mi Pre-Run: Lunge / Post-Run: Pedestal and Back	7mi Pre-Run: Lunge / Workout: 5x800m, with 400m rest in the same time you're running the 800s, as well as 2 mile warm-up and 1 mile cool-down / Post-Run: Pedestal and Myrtl	4mi Easy run	5mi Pre-Run: Myrtl / Post-Run: Back / 4x100m strides if you feel well.	12mi Pre-Run: Lunge/ Long run on hilly course / Post-Run: Pedestal, Back, and Myrtl	30 minutes of Training (Get lean, toned and strong with custom workouts on the Nike Training Club app. Download the free app on iTunes.)
12	10/10 - 10/16	Rest	5mi Pre-Run: Lunge / Post-Run: Pedestal and Back	6mi Pre-Run: Lunge / Workout: Fartlek: 4 on, 1 off for 3 miles, with 2 mile warm- up and 1 mile cool-down / Post- Run: Pedestal and Myrtl	4mi Easy run	Rest	4mi Pre-Race	13.1mi RACE DAY!

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[Click here to find General Strength Drills videos \(Myrtl, Lunge Matrix, Back, etc.\)](#)

Cool-Down

A period of easy running at the end of a workout. The pace should be conversational, comfortable, and easily maintained.

Easy Effort

Recovery pace, a pace that should allow for easy conversation and low perceived effort.

Fartlek

A Swedish term meaning, literally, "speed play." Fartlek workouts involve short bursts of speed alternating with recovery periods. The intervals are informal in nature, making this workout type suitable for non-track-based speedwork. (For instance, a fartlek workout could include details like "run hard from the blue car to the railroad tracks," "recover for one city block," etc., using whatever landmarks are handy.)

GS

General Strength. Workouts designed to strengthen running-specific muscles in order to build endurance and prevent injury. See General Strength videos for specific examples, including Myrtl, Back, Pedestal, Medicine Ball, and Lunge routines.

Intervals

Workouts, usually but not always track-based, emphasizing measured speedwork alternating with short periods of recovery.

Pickups

Bursts of speed within a workout. Pickups involve gradual acceleration to a fast pace, a short distance at the faster pace, and then a short recovery at a more relaxed pace. Similar to fartleks, pickups can be done off the track as part of a longer workout.

Progression Run

A workout that starts at an easy pace and gradually accelerates to a faster target pace, often race pace.

Recovery Pace

A conversational pace that can be easily maintained over distance.

Strides

A type of speedwork emphasizing form and speed. Strides involve an exaggerated stride length and attention to form, and are often used to warm up for an interval workout. They can also be embedded in a longer workout.

Tempo/Threshold

A workout faster than a general training run, at a moderately difficult pace that can be maintained for only a few miles. Test effort: Similar to a time trial. A timed run on a measured course at a hard-effort pace. A test effort is designed to evaluate your fitness at key points in your training cycle; it can be considered a "practice race."

Warm-Up

A period of easy running at the beginning of a workout. The pace should be conversational, comfortable, and easily maintained.