

Playmakers Marathon Training Novice Marathon

June							
Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week
			1	2	3	4	
5 Rest	6	7 Rest	8 3 M	9 Rest	10 CT	11 4 M	
12 Rest	13 3 M	14 2 M	15 3 M	16 Rest	17 4 M	18 CT	Total 12 M
19 Rest	20 3 M	21 3 M	22 3 M	23 Rest	24 5 M	25 CT	Total 14 M
26 Rest	27 3 M	28 3 M	29 3 M	30 Rest			

August							
Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week
31 Rest	1 3 M	2 6 M	3 3 M	4 Rest	5 CT	6 7 M	Total 19 M
7 Rest	8 3 M	9 6 M	10 3 M	11 Rest	12 CT	13 12M	Total 24 M
14 Rest	15 3 M	16 7 M	17 3 M	18 Rest	19 CT	20 13M	Total 26 M
21 Rest	22 3 M	23 7 M	24 4 M	25 Rest	26 10M	27 CT	Total 24 M
28 Rest	29 4 M	30 8 M	31 4 M				

October							
Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week
						1 14M	Total 34 M
2 Rest	3 5 M	4 10M	5 5 M	6 Rest	7 CT	8 20M	Total 40 M
9 Rest	10 5 M	11 8 M	12 4 M	13 Rest	14 CT	15 12M	Total 29 M
16 Rest	17 4 M	18 6 M	19 3 M	20 Rest	21 CT	22 8 M	Total 21 M
23 Rest	24 3 M	25 4 M	26 Rest	27 2 M	28 Rest	29 Race	Total 35 M

CT = Cross Train = Light Aerobic Activity or Rest Day (Walk Bike Swim)

July							
Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week
					1 CT	2 6 M	Total 15 M
3 Rest	4 3 M	5 4 M	6 3 M	7 Rest	8 CT	9 7 M	Total 17 M
10 Rest	11 3 M	12 4 M	13 3 M	14 Rest	15 CT	16 5 M	Total 15 M
17 Rest	18 3 M	19 5 M	20 3 M	21 Rest	22 CT	23 9 M	Total 20 M
24 Rest	25 3 M	26 5 M	27 3 M	28 Rest	29 CT	30 10M	Total 21 M

September							
Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week
				1 Rest	2 CT	3 15M	Total 31 M
4 Rest	5 4 M	6 8 M	7 4 M	8 Rest	9 CT	10 16M	Total 32 M
11 Rest	12 4 M	13 9 M	14 5 M	15 Rest	16 CT	17 12M	Total 30 M
18 Rest	19 4 M	20 9 M	21 5 M	22 Rest	23 CT	24 18M	Total 36 M
25 Rest	26 5 M	27 10M	28 5 M	29 Rest	30 CT		

June 7th: Detroit Free Press Calendar Kick OFF!!!

June 24th: --- Portland St. Patrick Festival 5K Run/Walk/Wheel (Group Train)

July 13th – 16th: Playmakers Summer Sidewalk Sale (Group Train TBA)

July 23rd: Ele's Race 5K run/walk, Okemos (Group Train)

August 26th: Crim 10 Mile, Flint (Group Train)

September 17th: Playmakers Autumn Classic 8k, Haslett (Group Train)

September 24th: Capital City River Run 10 Mile, Lansing (Group Train)

October 29th: Detroit Free Press Marathon

The meeting place for all group training sessions is at Playmakers unless otherwise noted in the calendar. These dates will be highlighted with the venue change being listed on the lower right hand portion of this page. Informal group run/walks will be held every Tuesday at the MAC and Thursday at Lake Lansing North Park @ 6:00 PM
 Questions: Ann Forshee- Crane, anncrane98@aol.com; Mary Pat Sullivan, walk4sons@aol.com

Playmakers Marathon Training

Novice Marathon

Calendars:

- 1) The calendars have been adjusted to fit our 20-week program, but they are based on Hal Higdon's website, halhigdon.com. **Please visit the site to read the general training information that precedes each of his training schedules.**
- 2) Choose the "**Novice**" **Marathon Calendar** if you are comfortable walking or running 13- 15 miles/week, with a long run/walk of 5-6 miles. Remember, it's okay to mix walking into a training run at any time. Some runners find it very helpful to use planned walking breaks --- walking for a certain amount of time after running for a number of minutes or walking first and building into a run. This run/walk combo can be repeated throughout a run.

Training Groups: Members of Team Playmakers will have a couple different options for group training this session.

- 1) Team Playmakers Training Team will meet every Sunday, 8:00 a.m., at Playmakers.
- 2) Team Playmakers Short and Middle Distance Team will continue to meet every Saturday, 8:15 a.m., at Hawk Island Park in Lansing.
- 3) Newly formed Team Playmakers West will meet Saturday, 8:00 a.m., at Community Lake Park on the Portland River Trail.

Playmakers Injury Clinic: Every Wednesday, from 6:00 to 8:00 P.M., Playmakers plays host to the Injury Clinic. MSU sports medicine professionals will be on hand to answer your questions on training, injuries, stretching, strengthening exercises, proper footwear, and insoles

Other Resources: Go to the following websites to learn more about running and walking:

playmakers.com --- race information and a team message board.

runnersworld.com --- general information and articles about running and races.

coolrunning.com --- more running information.

waddleon.com --- beginning runner's site.

shapeup.org --- general fitness information, and a walking steps program.

thewalkingsite.com --- general information on walking and walk training.

running-log.com --- a free internet-based running log to keep track of miles and activities.

smiweb.org --- Physical Therapy Institute International's website on stretches and injuries.

Race Websites:

playmakers.com --- race information, links to many race websites, and entry forms.

crim.org --- Crim 10 Mile website, registration form, and race countdown clock.

detroitfreepressmarathon.com --- Detroit Free Press Marathon and Half Marathon website.

Marathonguide.com --- a great resource for finding a marathon.

Coaches:

If you have any questions, contact your coach:

Running Long Distance Program: Ann Forshee-Crane, anncrane98@aol.com, 332-7580

Walking Long Distance Program: Mary Pat Sullivan, walk4sons@aol.com, 669-8468

Short/Middle Distance Program: Karen Smith, Karen_smith262@hotmail.com, 694-4822