

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Off OR 40-60 min (m)	50-60 m	90-105 m	Off	40-50 m	Cross Training (XT) OR 40-60 m	Warm up (WU): 10-15 m. Medium hill repeats: 6-8 reps at 45-60 s duration, hard effort. Cool down (CD): 5-15 m
2	Off OR 40-60 m	40-50 m	90-105 m	Off	WU: 10 m Leg Speed (LS): 15-20 reps CD: 10 m	XT OR 40-60 m	WU: 10-15 m. Long hill repeats: 10-12 reps (2-3 m), medium-hard effort. OR long hill climb (30-45 m sustained hill climb). CD: 5-15 m.
3	Off, XT OR 40-60 m	50-60 m	Fast finish long run (FFLR) 90 m w/ last 10-20 fast.	Off	80-90 m	Off, XT, OR 40-60 m	WU: 10-15 m Junior pole on Mt. Marathon. CD: 5-15 m.
4	Off, XT OR 40-60 m	50-60 m	90-105 m	Off	80-90 m	Off, XT, OR 40-60 m	WU: 10-20 m. Cruise intervals: 8-10x 1000 meter repeats w/ 200 meter jog. CD: 5-15 m.
5	Off, XT OR 40-60 m	50-60 m	FFLR 90 m w/ last 10-20 fast	Off	WU: 10 m LS: 20 reps CD: 10m	Off, XT, OR 40-60 m	WU: 5-10 m. Steep hills 30 sec very hard effort. 30 sec rest, 10x reps. OR Mt. Alice trail run at hard effort.
6	Off, XT OR 40-60 m	50-60 m	50-60 m	Off	50-60 m	Off, XT, OR 40-60 m	Jeep Trail to Mt. Marathon race point.
7	Off, XT OR 40-60 m	50-60 m	FFLR 90 m w/ last 10-20 fast OR Lost Lake summer trail to high point.	Off	WU: 10 m Tempo run 2-4 miles CD: 10m	Off, XT, OR 40-60 m	WU: 10-15 m. Medium hill repeats: 12-15 reps at 45-60 second duration, hard effort. CD: 5-20 m OR race trail to race point.
8	Off, XT OR 40-60 m	50-60 m	90-105 m	Off	WU: 10 m LS: 8 reps CD: 10 m	Off, XT, OR 40-60 m	WU: 10-15 m. Speed workout x 12-14 400 meter repeats w/ 200 meter jog. CD: 5-20 m.
9	Off, XT OR 40-60 m	50-60 m	Jeep Trail to Mt. Marathon Bowl.	Off	WU: 10-15 m. Speed workout: 6-8 1x1's. CD: 5-20m.	Off, XT, OR 30-40 m	Progression Run: 60 m with last 10 m fast. CD: 5-10 m.
10	Off, XT OR 40-60 m	30-40 m	RACE DAY				

Mt. Marathon Race - Sample Training Plan

Developed by Collin Atkinson, PT

Seward and Anchorage area equivalent routes:

Mt. Alice: very similar to Mt. Marathon): first mile gains 1000 ft elevation. 3000 feet over 2.5 miles.

Anchorage equivalent: Peak 2 Flattop from Canyon Road OR Rainbow Peak from Seward Hwy (3/4 way up).

Ptarmigan Lake: 7 mile (3.5 mile each way) out and back with 1000 ft elevation gain.

Anchorage equivalent: Rabbit Lakes Trail.

Tonsina: 4 mile (2 mile each way) out and back w/ 2 hill climbs. The switchbacks are 200 ft hill climb over .25 miles.

Anchorage equivalent: Lekish Loop in Kincaid Park.

Jeep Trail is 2,750 ft over 2.5 miles. About 1000 feet of gain over the first mile. Then levels out for about a mile (up and down) and climbs for a half-mile along the ridge of mountain (steep but not as steep as race trail).

Anchorage equivalent: Flattop from Canyon Road OR McHugh Peak from Bear Valley.

Workout explanations and hill suggestions:

Week 1: Hill suggestions: Tonsina switchbacks.

Week 2: Leg speed: The goal of the leg speed workout is to access the fast twitch muscle fibers necessary for power generation on the steep aspects of Mt. Marathon. Leg speed workouts strengthen neuromuscular coordination (communication between your nerves and your muscles) in order to improve efficiency known as running economy. This leg speed workout is oftentimes referred to as “striders.” For this exercise the goal is to run fast (about 80% of max sprint). **It is very important to allow time to recover — your muscles should feel fresh before each repetition.** For the week 2 leg speed workout, perform 15-20 x 30 sec reps with 1-1.5 min easy jogging between each repetition.

Hill suggestion: Jeep Trail, Ptarmigan Trail, Lost Lake Summer Trail

Week 3: Fast Finish Long Run: The fast finish long run is a run that begins with an easy effort — typical stamina run pace — and finishes with increasing tempo. For this week’s FFLR, spend the last 10-20 min of your 90 min run building speed. It can be fun to finish the workout with “negatives” running each 3 min increment of the last 10-20 min progressively faster.

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Hill suggestion: Junior Pole on Mt. Marathon

Week 4: Cruise Intervals: Cruise intervals are a faster tempo run. The goal is to run 1000 meters at a fairly brisk pace (25-45 min “race pace,” meaning you could hold the effort for as long as 25-45 min). For most runners this will fall somewhere between 5K and 10K “race pace” efforts. This workout is not a “speed workout” but it is quick. With this in mind, try to find a rhythmic and well controlled pace for each repetition. Rest breaks are short for the workout; utilize the 200 meters to jog slowly and prepare for the next repetition.

Week 5: FFLR: See **Week 3** for clarification — same workout.

Leg Speed: Perform 20 x 30 second reps with 1-1.5 min easy jogging between each repetition.

Hill suggestion: Jeep Trail or Lost Lake winter trail for repeats.

Week 6: Hill suggestions: Jeep Trail to Mt. Marathon race point.

Week 7: FFLR: See **Week 3** for clarification — same workout.

Tempo Run: A tempo run is a run right at your lactate threshold. The easiest way to determine your lactate threshold is on a treadmill or with a GPS watch. Start running slow (typical “endurance” run pace) hold your pace for 3 min. Increase your pace by 30 sec per mile and keep this pace for 3 min. Keep increasing your pace by 30 sec per mile for 3 min at a time until you begin to feel as though it is more difficult to control your breathing. This is your lactate threshold.

Week 8: Leg Speed: Perform 8 x 30 sec reps with 1 - 1.5 min easy jogging between each repetition.

Speed Workout: The speed workout suggested for week 8 is relatively straightforward in nature. Following a warm up, the goal is to run 12 - 14 x 400 meter repeats at a fast pace (think 1 mile to 5K pace) with 200 meters of jogging at easy pace for recovery between each repetition. Follow this exercise with an easy jog for cool down as speed work can be taxing to the musculoskeletal system.

Week 9: Progression Run: The progression run is similar to the fast finish long run. Begin this workout with 50 min of running at your easy stamina pace and finish with 10 min of faster running at lactate threshold. Complete this workout with a short 5-10 min cool down.

Week 10: Race Week! Enjoy Mt. Marathon — we’ll see you at the finish line!