TCS NEW YORK CITY MARATHON BEGINNER TRAINING PLAN (16 WEEKS)

NEW YORK ROAD RUNNERS

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Easy Run	Speedwork	Rest Day	Tempo run	Easy Run or Rest Day	Long Run	Rest Day or Cross Train
1	Rest day	Fartlek Workout #1 10 minutes at RPE 4 15-minute fartlek run alternating 60 seconds at RPE 7 and 60 seconds at RPE 3 5 minutes at RPE 4	Rest day	10 minutes at RPE 3-4 with form drills and strides 20 minutes at RPE 6-7 10 minutes at RPE 3-4 10 minutes strength train	20 minutes at RPE 3-4 or rest day	60-65 minutes at RPE 4-5	Rest day or 30 minutes cross train
2	Rest day	Interval Workout #1 10 minutes at RPE 4 4 x 3 minutes at RPE 7; walk or recovery jog 2 minutes at RPE 3 after each hard effort 10 minutes at RPE 4	Rest day	10 minutes at RPE 3-4 with form drills and strides 20 minutes at RPE 6-7 10 minutes at RPE 3-4 10 minutes strength train	20 minutes at RPE 3-4 or rest day	70-80 minutes at RPE 4-5	Rest day or 30 minute cross train
3	Rest day	Hill Workout #1 10 minutes at RPE 4 3 x 90-second hill climbs at RPE 7; walk or recovery jog downhill 2 minutes at RPE 3 after each climb 10 minutes at RPE 4	Rest day	10 minutes at RPE 3-4 with form drills and strides 20 minutes at RPE 6-7 10 minutes at RPE 3-4 10 minutes strength train	20 minutes at RPE 3-4 or rest day	90-100 minutes at RPE 4-5	Rest day or 30 minutes cross train
4	Rest day	Fartlek Workout #2 10 minutes at RPE 4 15 minute fartlek run alternating 60 seconds at RPE 7 and 60 seconds at RPE 4 5 minutes at RPE 4	Rest day	10 minutes at RPE 3-4 with form drills and strides 20 minutes at RPE 6-7 10 minutes at RPE 3-4 10 minutes strength train	20 minutes at RPE 3-4 or rest day	70-80 minutes at RPE 4-5	Rest day or 30 minutes cross train
5	Rest day	Interval Workout #2 10 minutes at RPE 4 5 x 4 minutes at RPE 7; walk or recovery jog 2 minutes at RPE 3 after each hard effort 10 minutes at RPE 4	Rest day	10 minutes at RPE 3-4 with form drills and strides 30 minutes at RPE 6-7 10 minutes at RPE 3-4 10 minutes strength train	25 minutes at RPE 3-4 or rest day	105-110 minutes at RPE 4-5	Rest day or 30-minute cross train

6	Rest day	Hill Workout #2 10 minutes at RPE 4 4 x 90-second hill climbs at RPE 7; walk or recovery jog downhill 2 minutes at RPE 3 after each climb 10 minutes at RPE 4	Rest day	10 minutes at RPE 3-4 with form drills and strides 30 minutes at RPE 6-7 10 minutes at RPE 3-4 10 minutes strength train	25 minutes at RPE 3-4 or rest day	70-80 minutes at RPE 4-5	Rest day or 30 minutes cross train
7	Rest day	Interval Workout #3 10 minutes at RPE 4 5 x 3 minutes at RPE 7; walk or recovery jog 2 minutes at RPE 3 after each hard effort 10 minutes at RPE 4	Rest day	10 minutes at RPE 3-4 with form drills and strides 30 minutes at RPE 6-7 10 minutes at RPE 3-4 10 minutes strength train	25 minutes at RPE 3-4	120-130 minutes at RPE 4-5	Rest day or 30 minutes cross train
8	Rest day	Interval Workout #4 10 minutes at RPE 4 4 x 4 minutes at RPE 7.5; walk or recovery jog 2 minutes at RPE 3 after each hard effort 10 minutes at RPE 4	Rest day	10 minutes at RPE 3-4 with form drills and strides 30 minutes at RPE 6-7 10 minutes at RPE 3-4 10 minutes strength train	25 minutes at RPE 3-4	90-100 minutes at RPE 4-5	Rest day or 30 minutes cross train
9	Rest day	Hill Workout #3 10 minutes at RPE 4 5 x 2-minute hill climbs at RPE 7; walk or recovery jog downhill 2 minutes at RPE 3?? after each climb 10 minutes at RPE 4	Rest day	15 minutes at RPE 3-4 with form drills and strides 40 minutes at RPE 6-7 10 minutes at RPE 3-4 10 minutes strength train	40 minutes at RPE 3-4	130-140 minutes at RPE 4-5	30 minutes at RPE 3-4 or 30 minutes cross train or rest day
10	Rest day	Interval Workout #5 15 minutes at RPE 4 5 x 5 minutes at RPE 7; walk or recovery jog 2 minutes at RPE 3 after each hard effort 15 minutes at RPE 4	Rest day	10 minutes at RPE 3-4 with form drills and strides 35 minutes at RPE 6-7 10 minutes at RPE 3-4 10 minutes strength train	30 minutes at RPE 3-4	110-120 minutes at RPE 4-5	Rest day or 30 minutes cross train

11	Rest day	Interval WWorkout #6 15 minutes at RPE 4 5 x 4 minutes at RPE 7.5 – 8; walk or recovery jog 2 minutes at RPE 3?? after each hard effort 15 minutes at RPE 4	Rest day	10 minutes at RPE 3-4 with form drills and strides 35 minutes at RPE 6-7 10 minutes at RPE 3-4 10 minutes strength train	30 minutes at RPE 3-4 or rest day	140-155 minutes at RPE 4-5	Rest day or 30 minutes cross train
12	Rest day	Fartlek Workout #3 10 minutes at RPE 4 15-minute fartlek run alternating 60 seconds at RPE 7 and 60 seconds at RPE 4 10 minutes at RPE 4	Rest day	10 minutes at RPE 3-4 with form drills and strides 35 minutes at RPE 6-7 10 minutes at RPE 3-4 10 minutes strength train	30 minutes at RPE 3-4 or rest day	110-120 minutes at RPE 4-5	Rest day or 30 minutes cross train
13	Rest day	Interval Workout #7 15 minutes at RPE 4 6 x 2 minutes at RPE 8; walk or recovery jog 2 minutes at RPE 3 after each hard effort 15 minutes at RPE 4	Rest day	15 minutes at RPE 3-4 with form drills and strides 40 minutes at RPE 6-7 10 minutes at RPE 3-4 10 minutes strength train	45 minutes at RPE 3-4	170-180 minutes at RPE 4-5	30 minutes at RPE 3-4 or 30 minutes cross train or rest day
14	Rest day	Interval Workout #8 15-minute at RPE 4 4 x 4 minutes at RPE 7 Walk or recovery jog for 2 minutes between 5-minute repeats 15-minute at RPE 4	Rest day	10 minutes at RPE 3-4 with form drills and strides 35 minutes at RPE 6-7 10 minutes at RPE 3-4 10 minutes strength train	35 minutes at RPE 3-4 or rest day	100-110 minutes at RPE 4-5	Rest day or 30 minutes cross train
15	Rest day	Fartlek Workout #4 10 minutes at RPE 4 10-minute fartlek run alternating every 60 seconds between “on” at RPE 7 and “off” at RPE 3 5-minute at RPE 4	Rest day	10 minutes at RPE 3-4 with form drills and strides 20 minutes at RPE 6-7 10 minutes at RPE 3-4 10 minutes strength train	20 minutes at RPE 3-4	60-70 minutes at RPE 4-5	Rest Day or 30 minutes cross train

16	Rest day	15 minutes at RPE 4	Rest day	10 minutes at RPE 3-4 with form drills and strides 10 minutes at RPE 6-7 10 minutes at RPE 3-4	Rest day	Rest day or 30 minutes at RPE 3-4	**TCS New York City Marathon**

WARMUP: 10:00 EASY WITH FORM DRILLS AND STRIDES

- **Jog 1:00**
- **Form drills:** for 15–20 seconds each, followed by 15–20 seconds of slow jogging, do each of these eight drills:
  - Butt-kicks
  - High knees
  - Quick feet
  - Skipping for height
  - Side-slide/chassée (R and L)
  - Cross-over/carioca/grapevine (R and L)
- **Strides:** after the last drill and a 15-to-20-second jog, run at a relaxed, fast pace (not sprinting, not straining) for 20 seconds, then jog for 40 seconds. Repeat the cycle until you've done four 20-second strides.
- **Jog 1:00**

To gauge easy, moderate, and hard efforts, we use the 1-to-10 Rate of Perceived Exertion (RPE) scale:

RPE Level	How It Feels	Activity
1–2	Negligible effort	Walking
3–4	Easy	Easy-run range
5	Moderate	Regular-run pace
6–7	Moderate-to-hard	Tempo-run range
8–9	Hard	Speedwork range
10	Very hard	Sprinting