

NIKE WOMEN'S MARATHON 2012

OCTOBER 14 - 13.1 MILES

FINISH A RACE

WITH COACH PURVIS



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE	RUN	WORKOUT	WORKOUT	WORKOUT	RUN	RUN	DAY OFF
8 miles 1	3 miles It's your first day of training. Ease into the regimen with a 3-mile run.	Weight Training Kick off your weight training right with the NTC 30-minute Beginner Get Lean Sweat + Shape program.	Cross Training Cross training is essential to any training program. Be sure to add in some spin classes or get on the elliptical to mix things up.	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.	2 miles Back to running. Take on this 2-miler and get back into it.	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 fuel your runs for the long haul.
TOTAL MILEAGE	RUN	WORKOUT	RUN	WORKOUT	WORKOUT	RUN	DAY OFF
10 miles 2	4 miles Now's the time to gradually increase your mileage. Push yourself to run 4 miles today.	Weight Training Time to work it out. Do the NTC 30-minute Beginner Get Strong Total Adrenaline program. It's all you.	2 miles Take it easy today and tackle a 2-mile run. Don't worry, there's plenty of mileage ahead.	Weight Training Get your blood pumping with the NTC 30-minute Beginner Get Lean Fighter Fit program.	Cross Training You can stay fit without logging serious miles. Take a yoga or spin class, or go for a swim. Mixing up what you do will work different muscles and make you a stronger runner.	4 miles Get after 4 miles today. Need motivation? Ask a friend to join you. Running with a buddy will help you stay motivated.	Rest Rest up. The proper amount of rest will help you power through your training.
TOTAL MILEAGE	RUN	WORKOUT	RUN	WORKOUT	WORKOUT	RUN	DAY OFF
13 miles 3	5 miles Start the week off strong with a 5-mile run.	Weight Training NTC 30 minute Intermediate Get Tone Curve Carver.	3 miles Take on a 3-mile run. Keep your eye on the prize.	Weight Training Find your strength with the NTC 30-minute Intermediate Get Lean Body Surge program.	Cross Training Keep it fun. Mix up your workouts today. Try spinning or a dance class, or one of our NTC workouts. Just get your heart rate up.	5 miles You're 5 miles away from tomorrow's rest day. Do it up.	Rest That was a full week of workouts. Get some rest today and be sure to get a good night's sleep so you can come back strong tomorrow.
TOTAL MILEAGE	RUN	WORKOUT	RUN	WORKOUT	RUN	RUN	DAY OFF
18 miles 4	6 miles Get back to business with a solid 6-mile run.	Weight Training Time to get pumped with the NTC 45-minute Beginner Get Strong Pump Station program.	3 miles Get over the midweek blues by taking on a 3-mile run.	Weight Training Try the NTC 45-minute Beginner Get Lean Hurricane program. An oldie, but goodie.	3 miles Go for a 3-mile run today and mentally prepare for tomorrow's run.	6 miles Power through a 6-mile run today, any terrain. Time to make it happen.	Rest Way to push yourself into overdrive yesterday. Enjoy your day off, you earned it.
TOTAL MILEAGE	RUN	WORKOUT	TRACK	WORKOUT	RUN	LONG RUN	DAY OFF
20 miles 5	6.5 miles You're doing it. Log 6.5 miles today as you enter week five of your training.	Weight Training Strength training will help you on race day. Do the NTC 30-minute Advance Get Toned Jump Around and have some fun.	Short Intervals Time to speed things up. Find a track or flat area, do a 1-mile warm up, then 8 x 200m, each rep lasting somewhere between 35-45 seconds do a 200m recovery jog between reps.	Cross Training Stretch it out. Yoga helps with both strength and flexibility. Mix it into your regimen to get the most out of your workouts.	4 miles Kick off the weekend with a 4-mile run to stay loose for tomorrow's long run.	8 miles Go long. Run 8 miles today and remember the importance of hydrating as you start to log more miles.	Rest Yesterday's run wipe you out? Looks like your day off came at the perfect time.
TOTAL MILEAGE	RUN	WORKOUT	WORKOUT	WORKOUT	RUN	LONG RUN	DAY OFF
23 miles 6	7 miles Hope you liked your day off yesterday, cause there's 7 miles for you to run today.	Weight Training It's go time. Do the NTC 45-minute Advance Get Toned Total Impact program.	3-mile Tempo Take on a 3-mile Tempo Run. Mix it up to find what pace works for you.	Weight Training Build some muscle mass with the NTC Intermediate 30-minute Get Strong Perfect Score program.	4 miles Ease your way into today's 4-mile run as you prepare for tomorrow's long run.	9 miles Time to knock 9 miles out of the park. It's go time.	Rest That was a long run yesterday and the end of a long week. Way to earn your off day.

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TOTAL MILEAGE	WORKOUT	WORKOUT	WORKOUT	WORKOUT	RUN	LONG RUN	DAY OFF
19 miles 7	4-mile Tempo Find your race day pace with this 4-mile Tempo Run.	Weight Training Time to show the NTC 45-minute Advance Get Lean Fast + Fierce program who's boss.	Stretch Stretch it out. Yoga helps with both strength and flexibility. And those two things will be your friend come race day.	Weight Training It's go time. Do the NTC 45-minute Advance Get Toned Total Impact program.	5 miles You're kicking butt and taking names. Next up: 5 miles.	10 miles Welcome to double digit city. This 10-mile run will earn you some serious bragging rights.	Rest You killed it this week. Enjoy your day off.
TOTAL MILEAGE	RUN	WORKOUT	TRACK	WORKOUT	RUN	LONG RUN	DAY OFF
24 miles 8	6 miles After Saturday's long run, take this 6-mile recovery run easy.	Weight Training Get moving with the NTC 30-minute Advance Get Toned The Edge program.	Short Intervals Warm up for 1 mile, then do 4 x 200m at a pace of 35 seconds, 2 x 400m at a 1:40-minute pace, and a 600m at a 2-minute pace. Rest for 1:30 between reps and 3 minutes for sets. Run a 1-mile cool down.	Stretch It's been a few days since you dedicated an entire day to stretching. Get some yoga in. You'll thank yourself later.	4 miles Loosen up for tomorrow's long run with a 4-mile run at a steady pace.	11 miles Run 11 miles. And remember if these long runs are too tough, try breaking them up into two runs.	Rest Cool it. Take a day of rest after yesterday's long run.
TOTAL MILEAGE	RUN	WORKOUT	WORKOUT	WORKOUT	WORKOUT	LONG RUN	DAY OFF
20 miles 9	7 miles It's time to get after 7 miles. Keep it fresh by mixing up the pace or running a new route.	Weight Training Power up with the NTC 30-minute Advance Get Strong Power up and 15-minute Get Focused Core Crunch program.	4-mile Tempo Make every mile count as you crush this 4-mile Tempo Run.	Weight Training Time to weight train with the NTC 45-minute Beginner Get Lean Cardio Surge program.	Stretch Not only will yoga help keep your muscles loose, it will also get you in a good mindset for tomorrow's long run.	9 miles Take on 9 miles for week 9's long run.	Rest Allowing your body the proper time to recover can be just as important as training. Enjoy today's day off — you not only deserve it, you need it.
TOTAL MILEAGE	RUN	WORKOUT	TRACK	WORKOUT	WORKOUT	LONG RUN	DAY OFF
17 miles 10	6 miles Keep your runs fresh by mixing up the route or pace. Make it a personal challenge to tackle today's 6 miles someplace new.	Weight Training Earn your endorphins with the NTC 45-minute Intermediate Get Strong Energy Transfer program.	Short Intervals Hit the track and do a 1-mile warm up, 5 x 600m. Recover with 400m in between each rep. If you can't get to a track, a flat area or grass surface works well.	Cross Training Today it's up to you. Take a spin class or do the NTC 45-minute Advance Get Toned Super Fusion program.	Stretch A good stretch will help you loosen up for tomorrow's long run. Yoga or Pilates should do the trick.	7 miles Race day will be here before you know it. Try visualizing your form during this 7-mile run.	Rest Kick back and enjoy your day off. Your legs could use it, they've been workhorses for you.
TOTAL MILEAGE	WORKOUT	WORKOUT	RUN	WORKOUT	WORKOUT	RUN	DAY OFF
14 miles 11	3-mile Tempo Time to tempo. Mix up the speeds as you crush this 3-mile Tempo Run.	Cross Training Mix up your workouts by either taking a spin class or doing the NTC 30-minute Advance Get Lean Razor Sharp. Remember not every workout needs to be running.	4 miles Cruise at a comfortable pace for this 4-mile run.	Weight Training Get after the NTC 45-minute Advance Get Strong Endurance Master program. Stay strong.	Stretch Stretch, stretch, stretch. Do some yoga to stay ready for race day.	7 miles Don't fear the taper. With race day a week away run this 7-mile run at an easy pace.	Rest Take it easy today and rest up so you can be fresh for the last week of training.
TOTAL MILEAGE	RUN	WORKOUT	DAY OFF	DAY OFF	WORKOUT	RUN	RACE DAY
20 miles 12	5 miles Start off race week right with an easy 5-mile run.	Stretch Power through a yoga class. At this point in your training, stretching is more important than ever.	Rest Take the day off, relax, and be sure to get a good night's sleep.	Rest You're a couple days away. Another day of rest and your body will thank you on race day.	Stretch Stay loose with some yoga and get your mind in the rightplace for the upcoming race.	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.	Half Marathon You made it through the training and are ready to crush your Half Marathon.