

Peloton Outdoor Marathon Training Program

TRAINING SCHEDULE PART 1

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK	REST-REFLECT	TEMPO	STRENGTH	SPEEDWORK	STRENGTH	RECOVERY	LONG RUN
PRE-RUNS REPEATS WEEKLY		PRE-RUN WARM UP  Matt Wilpers 10 min ○ ○ ○ ○ ○ ○ ○		PRE-RUN WARM UP  Becs Gentry 10 min ○ ○ ○ ○ ○ ○ ○			
01	INTENTIONS 	TEMPO RUN  Matt Wilpers 30 min ○	STRENGTH FOR RUNNERS  Andy Speer 30 min ○	MARATHON RACE PREP  Becs Gentry 30 min ○	STRENGTH FOR RUNNERS  Rebecca Kennedy 30 min ○	RECOVERY FUN RUN 2-3 miles ○	LONG RUN 4 miles  Robin Arzon 10 min warm up ○
02	REST AND REFLECT Miles: _____ Pace: _____	TEMPO RUN  Robin Arzon 30 min ○	STRENGTH FOR RUNNERS  Andy Speer 30 min ○	MARATHON RACE PREP  Becs Gentry 30 min ○	STRENGTH FOR RUNNERS  Rebecca Kennedy 30 min ○	RECOVERY FUN RUN 2-3 miles ○	LONG RUN 6 miles  Matt Wilpers 10 min warm up ○
03	REST AND REFLECT Miles: _____ Pace: _____	TEMPO RUN  Robin Arzon 30 min ○	STRENGTH FOR RUNNERS  Andy Speer 30 min ○	MARATHON RACE PREP  Matt Wilpers 30 min ○	STRENGTH FOR RUNNERS  Rebecca Kennedy 30 min ○	RECOVERY FUN RUN 2-3 miles ○	LONG RUN 8 miles  Becs Gentry 10 min warm up ○
04	REST AND REFLECT Miles: _____ Pace: _____	TEMPO RUN  Robin Arzon 30 min ○	STRENGTH FOR RUNNERS  Andy Speer 30 min ○	MARATHON RACE PREP  Becs Gentry 30 min ○	STRENGTH FOR RUNNERS  Rebecca Kennedy 30 min ○	RECOVERY FUN RUN 2-3 miles ○	LONG RUN 4 miles  Matt Wilpers 10 min warm up ○
05	REST AND REFLECT Miles: _____ Pace: _____	TEMPO RUN  Matt Wilpers 30 min ○	STRENGTH FOR RUNNERS  Andy Speer 30 min ○	MARATHON RACE PREP  Robin Arzon 30 min ○	STRENGTH FOR RUNNERS  Rebecca Kennedy 30 min ○	RECOVERY FUN RUN 2-3 miles ○	LONG RUN 8 miles  Becs Gentry 10 min warm up ○
06	REST AND REFLECT Miles: _____ Pace: _____	TEMPO RUN  Matt Wilpers 30 min ○	STRENGTH FOR RUNNERS  Andy Speer 30 min ○	MARATHON RACE PREP  Becs Gentry 45 min ○	STRENGTH FOR RUNNERS  Rebecca Kennedy 30 min ○	RECOVERY FUN RUN 2-3 miles ○	LONG RUN 10 miles  Robin Arzon 10 min warm up ○

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TRAINING SCHEDULE PART 2

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK	REST-REFLECT	TEMPO	STRENGTH	SPEEDWORK	STRENGTH	RECOVERY	LONG RUN
PRE-RUNS REPEATS WEEKLY		PRE-RUN WARM UP  Matt Wilpers 10 min ☐ ☐ ☐ ☐ ☐ ☐		PRE-RUN WARM UP  Beccs Gentry 10 min ☐ ☐ ☐ ☐ ☐ ☐			
07	REST AND REFLECT Miles: _____ Pace: _____	TEMPO RUN  Matt Wilpers 30 min ☐	STRENGTH FOR RUNNERS  Andy Speer 30 min ☐	MARATHON RACE PREP  Beccs Gentry 45 min ☐	STRENGTH FOR RUNNERS  Rebecca Kennedy 30 min ☐	RECOVERY FUN RUN 2-3 miles ☐	LONG RUN 12 miles  Matt Wilpers 10 min warm up ☐
08	REST AND REFLECT Miles: _____ Pace: _____	TEMPO RUN  Beccs Gentry 45 min ☐	STRENGTH FOR RUNNERS  Andy Speer 30 min ☐	MARATHON RACE PREP  Robin Arzon 45 min ☐	STRENGTH FOR RUNNERS  Rebecca Kennedy 30 min ☐	RECOVERY FUN RUN 2-3 miles ☐	LONG RUN 8 miles  Matt Wilpers 10 min warm up ☐
09	REST AND REFLECT Miles: _____ Pace: _____	TEMPO RUN  Beccs Gentry 45 min ☐	STRENGTH FOR RUNNERS  Rebecca Kennedy 30 min ☐	MARATHON RACE PREP  Matt Wilpers 45 min ☐	STRENGTH FOR RUNNERS  Andy Speer 30 min ☐	RECOVERY FUN RUN 2-3 miles ☐	LONG RUN 12 miles  Robin Arzon 10 min warm up ☐
10	REST AND REFLECT Miles: _____ Pace: _____	TEMPO RUN  Beccs Gentry 45 min ☐	STRENGTH FOR RUNNERS  Rebecca Kennedy 30 min ☐	MARATHON RACE PREP 3 miles  Matt Wilpers 45 min ☐	STRENGTH FOR RUNNERS  Andy Speer 30 min ☐	RECOVERY FUN RUN 2-3 miles ☐	LONG RUN 14 miles  Robin Arzon 10 min warm up ☐
11	REST AND REFLECT Miles: _____ Pace: _____	TEMPO RUN  Matt Wilpers 45 min ☐	STRENGTH FOR RUNNERS  Rebecca Kennedy 30 min ☐	MARATHON RACE PREP  Robin Arzon 60 min ☐	STRENGTH FOR RUNNERS  Andy Speer 30 min ☐	RECOVERY FUN RUN 2-3 miles ☐	LONG RUN 16 miles  Beccs Gentry 10 min warm up ☐
12	REST AND REFLECT Miles: _____ Pace: _____	TEMPO RUN  Matt Wilpers 45 min ☐	STRENGTH FOR RUNNERS  Rebecca Kennedy 30 min ☐	MARATHON RACE PREP  Robin Arzon 60 min ☐	STRENGTH FOR RUNNERS  Andy Speer 30 min ☐	RECOVERY FUN RUN 2-3 miles ☐	LONG RUN 12 miles  Matt Wilpers 10 min warm up ☐

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TRAINING SCHEDULE PART 3

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK	REST-REFLECT	TEMPO	STRENGTH	SPEEDWORK	STRENGTH	RECOVERY	LONG RUN
PRE-RUNS REPEATS WEEKLY		PRE-RUN WARM UP  Matt Wilpers 10 min ☐ ☐ ☐ ☐ ☐ ☐		PRE-RUN WARM UP  Becs Gentry 10 min ☐ ☐ ☐ ☐ ☐ ☐			
13	REST AND REFLECT Miles: _____ Pace: _____	TEMPO RUN  Matt Wilpers 45 min ☐	STRENGTH FOR RUNNERS  Rebecca Kennedy 30 min ☐	MARATHON RACE PREP  Becs Gentry 60 min ☐	STRENGTH FOR RUNNERS  Andy Speer 30 min ☐	RECOVERY FUN RUN 2-3 miles ☐	LONG RUN 16 miles  Robin Arzon 10 min warm up ☐
14	REST AND REFLECT Miles: _____ Pace: _____	TEMPO RUN  Robin Arzon 45 min ☐	STRENGTH FOR RUNNERS  Rebecca Kennedy 30 min ☐	MARATHON RACE PREP  Matt Wilpers 60 min ☐	STRENGTH FOR RUNNERS  Andy Speer 30 min ☐	RECOVERY FUN RUN 2-3 miles ☐	LONG RUN 18 miles  Becs Gentry 10 min warm up ☐
15	REST AND REFLECT Miles: _____ Pace: _____	TEMPO RUN  Robin Arzon 45 min ☐	STRENGTH FOR RUNNERS  Rebecca Kennedy 30 min ☐	MARATHON RACE PREP  Matt Wilpers 60 min ☐	STRENGTH FOR RUNNERS  Andy Speer 30 min ☐	RECOVERY FUN RUN 2-3 miles ☐	LONG RUN 20 miles  Becs Gentry 10 min warm up ☐
16	REST AND REFLECT Miles: _____ Pace: _____	TEMPO RUN  Robin Arzon 45 min ☐	STRENGTH FOR RUNNERS  Rebecca Kennedy 30 min ☐	MARATHON RACE PREP  Becs Gentry 60 min ☐	STRENGTH FOR RUNNERS  Andy Speer 30 min ☐	RECOVERY FUN RUN 2-3 miles ☐	LONG RUN 16 miles  Matt Wilpers 10 min warm up ☐
17	REST AND REFLECT Miles: _____ Pace: _____	TEMPO RUN  Matt Wilpers 30 min ☐	STRENGTH FOR RUNNERS  Rebecca Kennedy 30 min ☐	MARATHON RACE PREP  Robin Arzon 45 min ☐	STRENGTH FOR RUNNERS  Andy Speer 30 min ☐	RECOVERY FUN RUN 2-3 miles ☐	LONG RUN 10 miles  Becs Gentry 10 min warm up ☐
18	REST AND REFLECT Miles: _____ Pace: _____	TEMPO RUN  Becs Gentry 30 min ☐	REST	MARATHON RACE PREP  Matt Wilpers 30 min ☐	REST	SHAKE OUT RUN  Robin Arzon 20 min ☐	LONG RUN Race Day  Robin Arzon 10 min warm up ☐