



# Full Marathon Training Program



## **Hello, Runner!**

*Congratulations on taking the first steps toward the start line of your marathon! Whether this is your very first 26.2, a comeback race, or a shot at a new personal record, your team at ProRehab is here to support you every stride of the way. Our goal is to help you train smart, stay strong, and remain injury-free from start to finish.*

*This plan is thoughtfully designed with the runner, walker, and interval athlete in mind, emphasizing key elements like mobility, strength, and injury prevention. You'll also find optional speed training built in to help you improve performance. Not chasing speed? No problem—feel free to adjust the plan to match your personal goals. Focus on the miles, enjoy the movement, and let each run be a chance to reconnect—with yourself, with friends, or with the great outdoors (bonus points for post-run treats!).*

*Don't forget that nutrition and hydration are just as important as your miles. Be sure to explore what works best for your body and fuel your training accordingly.*

*Happy training! We're here for you if you need support—whether it's injury prevention, recovery, or just a pep talk. We can't wait to cheer you on as you head toward race day!*

**— Your ProRehab Team**

# GLOSSARY/ INSTRUCTIONS:

**All runs should begin with a dynamic warm-up and finish with static stretching/mobility.**

## **Z2: Zone 2**

*Approximately 4-6/10 perceived effort level and/or 70-75% max heart rate*

## **LSD: Long Slow Distance**

*Long Slow Distance (aka your long run). Should be performed in zone 2 heart rate*

## **Recovery run or Z2 cardio:**

*Either perform an easy Z2 recovery run or Z2 cardio such as cycling, swimming, elliptical, rower, etc.*

## **“With Hills”:**

*Incorporate rolling hills, either outdoors or on a treadmill, from 3% incline to max grade of your target race route*

## **HR interval:**

*Heartrate intervals or alternating Z2 effort with increased effort. For HR intervals, alternate 4-6/10 perceived effort or 75% max heart rate for .1 mile or 1 minute, with 7/10 perceived effort or 85% max heart rate for .1 mile or 1 minute*

## **Speed intervals:**

*Build speed by gradually increasing speed intervals. Start by alternating 1 minute of work at 9/10 perceived effort with 1 minute of recovery (do this for a few weeks), and increase to an all-out sprint for 15 seconds with 3-5 minute recovery*

# GLOSSARY/ INSTRUCTIONS:

## **Cardio Warm-up:**

*Walking, stair climber, elliptical, jumping rope, stationary bike, etc.*

## **Perceived effort level or rate of perceived exertion:**

*How hard do you feel you're working on a scale of 1-10 with 10 being the hardest effort*

## **Rest/Mobility:**

*Either complete rest or mobility and stretching. See ProRehab's Mobility Plan or speak to your ProRehab PT or PTA for suggestions customized to you*

## **Strengthening:**

*See ProRehab's Strengthening Plan or speak to your ProRehab PT or PTA for suggestions customized to you.*

**Don't forget to tag us during your running journey!**



**@ProRehabLou**



**@ProRehabLou**

# WEEK 1 RUNNING PLAN:

## MONDAY:

*Run 4 miles Zone 2*

## WEDNESDAY:

*Run 4 miles Z2*

## FRIDAY:

*Rest/mobility*

## SUNDAY:

*Easy recovery run OR 45+ minutes Z2 cardio*

## TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## SATURDAY:

*Run LSD 8 miles*

# WEEK 2 RUNNING PLAN:

## MONDAY:

*Run 4 miles Zone 2*

## WEDNESDAY:

*Run 5 miles Z2*

## FRIDAY:

*Rest/mobility*

## TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## SATURDAY:

*Run LSD 8 miles*

## SUNDAY:

*Easy recovery run OR 50+ minutes Z2 cardio*

## WEEK 3 RUNNING PLAN:

### MONDAY:

*Run 5 miles Zone 2*

### WEDNESDAY:

*Run 4 miles Z2 + 1 mile HR intervals*

### FRIDAY:

*Rest/mobility*

### SUNDAY:

*Easy recovery run OR 50+ minutes Z2 cardio*

### TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

### THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

### SATURDAY:

*Run LSD 8 miles*

## WEEK 4 RUNNING PLAN:

### MONDAY:

*Run 5 miles Zone 2*

### WEDNESDAY:

*Run 4 miles Z2 + 1 mile HR intervals*

### FRIDAY:

*Rest/mobility*

### TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

### THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

### SATURDAY:

*Run LSD 10 miles*

### SUNDAY:

*Easy recovery run OR 50+ minutes Z2 cardio*

# WEEK 5 RUNNING PLAN:

## MONDAY:

*Run 5 miles Zone 2*

## WEDNESDAY:

*Run 4 miles Z2 + 1 mile HR intervals*

## FRIDAY:

*Rest/mobility*

## SUNDAY:

*Easy recovery run OR 50+ minutes Z2 cardio*

## TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## SATURDAY:

*Run LSD 10 miles*

# WEEK 6 RUNNING PLAN:

## MONDAY:

*Run 5 miles Z2 with hills*

## WEDNESDAY:

*Run 4 miles Z2 + 1 mile HR intervals*

## FRIDAY:

*Rest/mobility*

## TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## SATURDAY:

*Run LSD 12 miles*

## SUNDAY:

*Easy recovery run OR 50+ minutes Z2 cardio*

# WEEK 7 RUNNING PLAN:

## MONDAY:

*Run 5 miles Z2 with hills*

## WEDNESDAY:

*Run 3 miles Z2 + 2 miles HR intervals*

## FRIDAY:

*Rest/mobility*

## SUNDAY:

*Easy recovery run OR 45+ minutes Z2 cardio*

## TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## SATURDAY:

*Run LSD 10 miles*

# WEEK 8 RUNNING PLAN:

## MONDAY:

*Run 5 miles Z2 with hills*

## WEDNESDAY:

*Run 3 miles Z2 + 2 miles speed intervals*

## FRIDAY:

*Rest/mobility*

## TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## SATURDAY:

*Run LSD 12 miles*

## SUNDAY:

*Easy recovery run OR 50+ minutes Z2 cardio*

## WEEK 9 RUNNING PLAN:

### MONDAY:

*Run 4 miles Z2 with hills*

### WEDNESDAY:

*Run 4 miles Z2 + 1 mile speed intervals*

### FRIDAY:

*Rest/mobility*

### SUNDAY:

*Easy recovery run OR 50+ minutes Z2 cardio*

### TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

### THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

### SATURDAY:

*Run LSD 14 miles*

## WEEK 10 RUNNING PLAN:

### MONDAY:

*Run 4 miles Z2 with hills*

### WEDNESDAY:

*Run 4 miles Z2 + 1 mile HR intervals*

### FRIDAY:

*Rest/mobility*

### TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

### THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

### SATURDAY:

*Run LSD 12 miles*

### SUNDAY:

*Easy recovery run OR 50+ minutes Z2 cardio*

# WEEK 11 RUNNING PLAN:

## MONDAY:

*Run 5 miles Z2 with hills*

## WEDNESDAY:

*Run 3 miles Z2 + 1 mile speed intervals*

## FRIDAY:

*Rest/mobility*

## SUNDAY:

*Easy recovery run OR 50+ minutes Z2 cardio*

## TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## SATURDAY:

*Run LSD 14 miles*

# WEEK 12 RUNNING PLAN:

## MONDAY:

*Run 5 miles Z2 with hills*

## WEDNESDAY:

*Run 4 miles Z2 + 1 mile speed intervals*

## FRIDAY:

*Rest/mobility*

## TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## SATURDAY:

*Run LSD 16 miles*

## SUNDAY:

*Easy recovery run OR 50+ minutes Z2 cardio*

# WEEK 13 RUNNING PLAN:

## MONDAY:

*Run 5 miles Z2 with hills*

## WEDNESDAY:

*Run 5 miles Z2 + 1 mile speed intervals*

## FRIDAY:

*Rest/mobility*

## SUNDAY:

*Easy recovery run OR 50+ minutes Z2 cardio*

## TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## SATURDAY:

*Run LSD 18 miles*

# WEEK 14 RUNNING PLAN:

## MONDAY:

*Run 5 miles Z2 with hills*

## WEDNESDAY:

*Run 5 miles Z2 + 1 mile HR intervals*

## FRIDAY:

*Rest/mobility*

## TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## SATURDAY:

*Run LSD 16 miles*

## SUNDAY:

*Easy recovery run OR 50+ minutes Z2 cardio*

# WEEK 15 RUNNING PLAN:

## MONDAY:

*Run 5 miles Z2 with hills*

## WEDNESDAY:

*Run 4 miles Z2 + 1 mile speed intervals*

## FRIDAY:

*Rest/mobility*

## SUNDAY:

*Easy recovery run OR 50+ minutes Z2 cardio*

## TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## SATURDAY:

*Run LSD 17 miles*

# WEEK 16 RUNNING PLAN:

## MONDAY:

*Run 5 miles Z2 with hills*

## WEDNESDAY:

*Run 5 miles Z2 + 1 mile speed intervals*

## FRIDAY:

*Rest/mobility*

## TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## SATURDAY:

*Run LSD 20 miles*

## SUNDAY:

*Easy recovery run OR 50+ minutes Z2 cardio*

# WEEK 17 RUNNING PLAN:

## MONDAY:

*Run 5 miles Z2 with hills*

## WEDNESDAY:

*Run 6 miles Z2 + 1 mile speed intervals*

## FRIDAY:

*Rest/mobility*

## SUNDAY:

*Easy recovery run OR 50+ minutes Z2 cardio*

## TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## SATURDAY:

*Run LSD 22 miles*

# WEEK 18 RUNNING PLAN:

## MONDAY:

*Run 5 miles Z2 with hills*

## WEDNESDAY:

*Run 6 miles Z2 + 1 mile speed intervals*

## FRIDAY:

*Rest/mobility*

## TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## SATURDAY:

*Run LSD 12 miles*

## SUNDAY:

*Easy recovery run OR 50+ minutes Z2 cardio*

# WEEK 19 RUNNING PLAN:

## MONDAY:

*Run 4 miles Z2 with hills*

## WEDNESDAY:

*Run 5 miles Z2 + 1 mile HR intervals*

## FRIDAY:

*Rest/mobility*

## SUNDAY:

*Easy recovery run OR 50+ minutes Z2 cardio*

## TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## SATURDAY:

*Run LSD 8 miles*

# WEEK 20 RUNNING PLAN:

## MONDAY:

*Run 4 miles Z2 with hills*

## WEDNESDAY:

*Run 3 miles Zone 2*

## FRIDAY:

*Rest/mobility*

## TUESDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## THURSDAY:

*5-10min. cardio warm-up  
Strengthening 30+ min.*

## SATURDAY:

***RACE DAY!!!***

# YOU JUST RAN 26.2 MILES... ON PURPOSE!

## LET IT SINK IN THAT...

- Less than 1% of the population completes a marathon. You're **rare!**
- You've now earned the right to put a **26.2 sticker** on your car. No questions asked.
- You just ran the same distance as **462 football fields**. In a row!
- You just did something most people say they might do one day. But don't.
- Your toenails might be gone, but your **marathoner status is permanent.**

**YOU HANDLED 26.2 —  
PROREHAB'S GOT YOU  
FOR MILE 26.3 AND  
EVERYTHING AFTER.**

