



LAUREN FRESHMAN'S

TRAIN HARD TO HAVE FUN
11-WEEK MARATHON TRAINING PLAN



LAUREN FLESHMAN'S TRAIN HARD TO HAVE FUN 11-WEEK MARATHON TRAINING PLAN

Do you want to train for a marathon without running taking over your life? Have a goal to feel as strong as possible for those 26.2 miles? This training plan will help get you to the finish line with a smile. Yes, you'll have to work hard. Yes, you should do some core and stretching. And yes, you'll also have plenty of off days, easy days, and check-ins along the way!

PLAN A is designed for runners who already feel comfortable running 35-40 miles per week going into training.

PLAN B is for runners who are running approximately 20-25 miles per week heading into training.

THE KEY:

MI = MILES

MIN = MINUTES

90"R = 90 SECONDS REST
(SHUFFLE JOG OR WALK)

THE DOZEN // (click here)

HM: HALF MARATHON PACE // if you've run one recently - if not, take your best guess of a pace that you could push for 13 miles, faster than conversational

BAND WALKS // (click here)

EASY RUNS // conversational, should be at least 1 min per mile slower than half marathon pace

JASYOGA // great targeted moves, videos, free 2 week trial! (click here)

XT // crosstrain of choice; some runner favorites include walking, swimming, cycling, yoga

LEGS UP THE WALL // (click here)

STRIDES // 20 seconds of fast and free running, focus on form (click here)

FARTLEK // "speed play" means adjusting pace in time increments, playing with running faster and slower in a continuous way!



**Make your race
a playground
not a proving
ground.
- Lauren**

LAUREN'S MENTAL STRENGTH RACE DAY WISDOM AND MANTRAS //

Once you get to race week, it's all positivity, baby! Whether you were able to tick every box with training and preparation, or not, it's possible to have a positive race experience. And as far as I'm concerned, that's the point of all this! To set a goal that adds a little something exciting and a little unknown to life, to see it through the best you can, and be proud of yourself for getting to the starting line. The race is a celebration of your daring, of your strong body, and of the running community that is millions strong that you are a part of. I mean, look at all these crazy people lining up to do this thing! And people keep doing it! It is proof that there is something awesome waiting to be experienced.

For the race itself, get to that line as positive as you can. I like to anchor myself in gratitude, because it is a super positive and grounding force that cuts through all the bullshit. And go in with a plan. Your race plan can be highly individual, but if you were to ask me for advice, this is what I'd say:

PART 1 // "Relaxation"

Run the first 15 miles with the mental cue "relaxation." Keep the mood light. Smile easily. Pick a pace you feel confident you can maintain for the entire marathon on an average day. Feel super good at mile 8? Mile 13? Great! Don't pick it up yet. Let the tension build. Let the plot thicken. It's worth it.

PART 2 // "Tune in"

Now you've got 60% of the race behind you. Next up? Lucky 7, BABY! For the next seven miles, from 15-22, start tuning in more. You don't have to pick up the pace yet, but it might happen naturally during this stretch. It's a change of mindset that is important. Tune in to your body and make sure you're being smooth and efficient. Bring a little focus to the table now. Notice the group you're falling into a groove with. Start looking ahead a bit and imagining where you'd like to be a mile from now, two miles from now, who you'd like to be running with in the final miles. Work your way up a bit, if it suits you. Use this stretch of race to enjoy your fitness, and pump yourself up with positivity as needed. I like to prepare some mantras in advance. Near the end of this section, it may start to bite a little bit, so be ready to be the good angel on your own shoulder. You deserve it. I like to say "Look at you! You're amazing! Just keep going."

PART 3 // "You're doing it!" "Get down with your bad self!"

These final 4.2 miles are going to be memorable no matter the specifics, so once you see that mile 22 sign, get pumped. In the marathon, you're signing up to see what you're capable of, and this last section of the race is your time to follow through. No matter who you are, no matter how you feel, no matter your expectations, the final miles call you up to persevere. Heed the call. Hell, jump at the chance to show yourself that you can do it. YOU ARE DOING IT. As the final miles tick down, allow yourself to feel proud. To look around at the people on the sidelines, at the runners who are sharing the course...each with their own story. Take it in. You're a part of something awesome. YOU are someone awesome. Go get that finish line.

LAUREN FLESHMAN'S 11-WEEK MARATHON TRAINING PLAN

WEEK 1

PLAN A

PLAN B

EXTRA

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

OFF
EASY 6 MI
2-4 MI WARMUP, 12 SETS OF 1 MIN HARD, 1 MIN EASY FARTLEK, 2 MI COOLDOWN
SLOW AND EASY 6 MI
OPTIONAL DAY OFF RUNNING
7 MI HILLY TERRAIN RUN
10-12 MI SMOOTH, RELAXED

OFF
EASY 3 MI
2 MILES WARMUP, 8 SETS OF 1 MIN HARD, 1 MIN EASY FARTLEK, 2 MILES COOLDOWN
SLOW AND EASY 3 MI
OPTIONAL DAY OFF RUNNING
5 MI HILLY TERRAIN RUN
8 MI SMOOTH, RELAXED

20-30 MIN CORE/ HIPS
STRIDES
2 MIN BAND WALKS
10 MIN JASYOGA HIPS OR SIDE BODY
THE DOZEN
5 MIN ROLL GLUTES/HIP/THIGHS, STRETCH CALVES
LEGS UP THE WALL

PLAN A WEEKLY MILEAGE: 38

PLAN B WEEKLY MILEAGE: 25

WEEK 2

PLAN A

PLAN B

EXTRA

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

OFF
5 MI RUN AND 4 STRIDES
2 MI WARMUP, 1 X 1 MI @ HM, 90"R, 8 X 800 AT CURRENT 10K PACE WITH 90"R, 90"R, 1 X 1 MI @ HM, 2 MI WARMDOWN
SLOW AND EASY 6 MI
7 MI RELAXED
5 MI, HILLY TERRAIN BUT NOT FAST
LONG 12 MI, FIRST HALF A LITTLE SLOWER THAN SECOND HALF OVERALL, NOTHING CRAZY

OFF
3 MI RUN AND 4 STRIDES
1 MI WARMUP, 1 X 1 MI @ HM, 90"R, 6 X 800 WITH 90"R, 90"R, 1 X 1 MI @ HM, 1 MI WARMDOWN
SLOW AND EASY 3 MI
OFF OR XT OF CHOICE
5 MI, HILLY TERRAIN BUT NOT FAST
LONG 10 MI, FIRST HALF A LITTLE SLOWER THAN SECOND HALF OVERALL, NOTHING CRAZY

20-30 MIN CORE/ HIPS
STRIDES
2 MIN BAND WALKS
10 MIN JASYOGA FEET
THE DOZEN
5 MIN ROLL GLUTES/HIP/THIGHS, STRETCH CALVES
LEGS UP THE WALL

PLAN A WEEKLY MILEAGE: 45

PLAN B WEEKLY MILEAGE: 28

LAUREN FLESHMAN'S 11-WEEK MARATHON TRAINING PLAN

WEEK 3

PLAN A

PLAN B

EXTRA

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

OFF
5 MI, RUN SECOND HALF A LITTLE BIT QUICKER, AND 5 STRIDES
3 MI WARMUP, FARTLEK 3 SETS OF (3 MIN STRONG, 3 MIN EASY, 2 MIN STRONG, 2 MIN EASY, 1 MIN STRONG, 1 MIN EASY), 2 MI COOLDOWN
SLOW AND EASY 6 MI
7 MI, RUN BY FEEL, EASY TO MODERATE
EASY 5 MI AND GOOD STRETCH
LONG 13 MI BY FEEL

OFF
3-4 MI, RUN SECOND HALF A LITTLE BIT QUICKER, AND 5 STRIDES
2 MI WARMUP, FARTLEK 2 SETS OF (3 MIN STRONG, 3 MIN EASY, 2 MIN STRONG, 2 MIN EASY, 1 MIN STRONG, 1 MIN EASY), 2 MI COOLDOWN
OFF OR CROSSTRAIN/ WALK YOUR CHOICE
3 MI, RUN BY FEEL, EASY TO MODERATE
EASY 3 MI AND GOOD STRETCH
LONG 12 MI BY FEEL

20-30 MIN CORE/ HIPS
STRIDES
BAND WALKS/ 2 X 30-60 SECOND PLANK VARIATION
10 MIN JASYOGA YOUR CHOICE
THE DOZEN
5 MIN ROLL GLUTES/HIP/THIGHS, STRETCH CALVES
LEGS UP THE WALL

PLAN A WEEKLY MILEAGE: 46

PLAN B WEEKLY MILEAGE: 29

WEEK 4

PLAN A

PLAN B

EXTRA

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

OFF
6 MI RUN AND 6 STRIDES
2 MI WARMUP, 2 X 1 MI @ 30 SECONDS FASTER THAN MARATHON PACE WITH 90"R, 5' JOG R, 4 SETS OF 800 ALTERNATING 30S FASTER THAN MARATHON PACE, 30S SLOWER THAN MARATHON PACE(CONTINUOUS), 5' JOG R, 1 MI @ 30S FASTER THAN MARATHON PACE OR FASTER, 1 MI COOLDOWN
SLOW AND EASY 6 MI
OPTIONAL DAY OFF RUNNING
RELAXED PACE FOR 5-6 MI
LONG 14: FIRST 6 MI EASY, 8 MI AFTER THAT PROGRESS DOWN FROM RELAXED PACE TO HM PACE OR SO AT END, PRACTICE FUELING

OFF
4 MI RUN AND 6 STRIDES
2 MI WARMUP, 2 X 1 MI @ 30 SECONDS FASTER THAN MARATHON PACE WITH 90"R, 5' JOG R, 4 SETS OF 800 ALTERNATING 30S FASTER THAN MARATHON PACE, 30S SLOWER THAN MARATHON PACE(CONTINUOUS), 5' JOG R, 1 MI @ 30S FASTER THAN MARATHON PACE OR FASTER, 1 MI COOLDOWN
SLOW AND EASY 3 MI
OPTIONAL DAY OFF RUNNING
RELAXED PACE 3-4 MI
LONG 13: FIRST 5 MI EASY, 8 MI AFTER THAT PROGRESS DOWN FROM RELAXED PACE TO HM PACE OR SO AT END, PRACTICE FUELING

20-30 MIN CORE/ HIPS
STRIDES
BAND WALKS/ 2 X 1 MIN PLANK VARIATION
10 MIN JASYOGA YOUR CHOICE
THE DOZEN
5 MIN ROLL GLUTES/HIP/THIGHS, STRETCH CALVES
LEGS UP THE WALL

PLAN A WEEKLY MILEAGE: 38

PLAN B WEEKLY MILEAGE: 25

LAUREN FLESHMAN'S 11-WEEK MARATHON TRAINING PLAN

WEEK 5

PLAN A

PLAN B

EXTRA

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

OFF

4 MI RUN AND 6 STRIDES

3 MI WARMUP, LADDER @ 10K EFFORT WITH A PUNCH. (5MIN, 4 MIN, 3 MIN, 2 MIN, 1 MIN, (3 MIN JOG BETWEEN EVERYTHING)), 5 MIN EASY, 1 MI STRONG, 1-2 MI COOLDOWN

SLOW AND EASY 6 MI

7 MI EASY TO MODERATE

EASY 4-5 MI AND A GOOD STRETCH

LONG 15: FIRST 8 MI EASY, THEN ALTERNATING -30 SEC UNDER MARATHON PACE, 30 SEC OVER MARATHON PACE FOR NEXT 6 MI, PRACTICE FUELING, 1 MI COOLDOWN

PLAN A WEEKLY MILEAGE: 44

OFF

4 MI RUN AND 6 STRIDES

2 MI WARMUP, LADDER @ 10K EFFORT WITH A PUNCH. (5MIN, 4 MIN, 3 MIN, 2 MIN, 1 MIN, (3 MIN JOG BETWEEN EVERYTHING)), 5 MIN EASY, 1 MI STRONG, 1-2 MI COOLDOWN

SLOW AND EASY 3 MI

OFF OR XT

EASY 4-5 MI AND A GOOD STRETCH

LONG 15: FIRST 8 MI EASY, THEN ALTERNATING -30 SEC UNDER MARATHON PACE, 30 SEC OVER MARATHON PACE FOR NEXT 6 MI, PRACTICE FUELING, 1 MI COOLDOWN

PLAN B WEEKLY MILEAGE: 30

20-30 MIN CORE/ HIPS

STRIDES

BAND WALKS/ 2 X 1 MIN PLANK VARIATION

10 MIN JASYOGA YOUR CHOICE

THE DOZEN

5 MIN ROLL GLUTES/HIP/THIGHS, STRETCH CALVES

LEGS UP THE WALL

WEEK 6

PLAN A

PLAN B

EXTRA

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

OFF

7 MI RUN AND 6 STRIDES

2 MI WARMUP, 45 MIN PROGRESSIVE TEMPO (20 MIN A LITTLE SLOWER THAN MARATHON PACE, 15 AT MARATHON PACE, 10 MIN FASTER), 2 MI COOLDOWN (IMPORTANT TO PICK A REALISTIC MARATHON PACE ON WHAT WOULD BE A TYPICAL DAY AND BUILD THE WORKOUT AROUND THAT. YOU CAN ALWAYS PICK IT UP THE LAST 10 MIN QUITE A BIT IF YOU UNDERSHOT THE FIRST PARTS).

SLOW AND EASY 6 MI

OPTIONAL DAY OFF RUNNING

EASY 5 MI AND GOOD STRETCH

LONG 16 MI, RELAXED PACE, PRACTICE FUELING

PLAN A WEEKLY MILEAGE: 44

OFF

5 MI RUN AND 6 STRIDES

2 MI WARMUP, 45 MIN PROGRESSIVE TEMPO (20 MIN A LITTLE SLOWER THAN MARATHON PACE, 15 AT MARATHON PACE, 10 MIN FASTER), 2 MI COOLDOWN (IMPORTANT TO PICK A REALISTIC MARATHON PACE ON WHAT WOULD BE A TYPICAL DAY AND BUILD THE WORKOUT AROUND THAT. YOU CAN ALWAYS PICK IT UP THE LAST 10 MIN QUITE A BIT IF YOU UNDERSHOT THE FIRST PARTS).

SLOW AND EASY 3 MI

OFF DAY

XT YOUR CHOICE AT LEAST 45 MIN EASY

LONG 16 MI, RELAXED PACE, PRACTICE FUELING

PLAN B WEEKLY MILEAGE: 34

20-30 MIN CORE/ HIPS

STRIDES

2 MIN BAND WALKS

10 MIN JASYOGA YOUR CHOICE

THE DOZEN

5 MIN ROLL GLUTES/HIP/THIGHS, STRETCH CALVES

LEGS UP THE WALL

LAUREN FLESHMAN'S 11-WEEK MARATHON TRAINING PLAN

WEEK 7

PLAN A

PLAN B

EXTRA

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

OFF

7 MI RUN AND 8 STRIDES

2 SETS OF 8 X 800 WITH 60"R, 5 MIN SET REST, @ HM EFFORT (PICK A REALISTIC HM PACE ON AN AVERAGE DAY. SOMETHING YOU FEEL CONFIDENT YOU COULD MANAGE. YOU CAN ALWAYS PICK IT UP THE LAST SET AT SOME POINT IF YOU UNDERSHOT IT!)

SLOW AND EASY 6 MI

OPTIONAL DAY OFF RUNNING

EASY 5 AND GOOD STRETCH

LONG 18 - 8 MI RELAXED, 9 MI FARTLEK ((6 SETS OF (1 MI @15S FASTER THAN MARATHON PACE, 800M @EASY PACE)), 1 MI COOLDOWN

PLAN A WEEKLY MILEAGE: 47

OFF

3 MI RUN AND 4 STRIDES

2 SETS OF 6 X 800 WITH 60"R, 5 MIN SET REST, @ HM EFFORT (PICK A REALISTIC HM PACE ON AN AVERAGE DAY. SOMETHING YOU FEEL CONFIDENT YOU COULD MANAGE. YOU CAN ALWAYS PICK IT UP THE LAST SET AT SOME POINT IF YOU UNDERSHOT IT!)

SLOW AND EASY 3 MI

OFF DAY / XT

EASY 2 AND GOOD STRETCH

LONG 18 - 8 MI RELAXED, 9 MI FARTLEK ((6 SETS OF (1 MI @15S FASTER THAN MARATHON PACE, 800M @EASY PACE)), 1 MI COOLDOWN

PLAN B WEEKLY MILEAGE: 36

20-30 MIN CORE/ HIPS

STRIDES

BAND WALKS/ 2 X 1 MIN PLANK VARIATION

10 MIN JASYOGA YOUR CHOICE

THE DOZEN

5 MINUTES ROLL GLUTES/HIP/THIGHS, STRETCH CALVES

LEGS UP THE WALL

WEEK 8

PLAN A

PLAN B

EXTRA

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

OFF

8 MI RUN AND 8 STRIDES

2 MI WARMUP, 2 MI @ MARATHON PACE, 2 X 50 SECOND HILLS, EVERY 3RD HILL TRY TO GO A LITTLE FARTHER THAN THE OTHERS IN THE 50 SEC, 3-4 MI COOLDOWN

SLOW AND EASY 6 MI

OPTIONAL DAY OFF RUNNING

EASY 6 MI AND GOOD STRETCH

20 MI LONG RUN, TIME ON THE FEET, NOT FAST AT ALL, PRACTICE FUELING

PLAN A WEEKLY MILEAGE: 50

OFF

3 MI RUN AND 5 STRIDES

2 MI WARMUP, 2 MI @ MARATHON PACE, 12 X 50 SECOND HILLS, EVERY 3RD HILL TRY TO GO A LITTLE FARTHER THAN THE OTHERS IN THE 50 SEC, 2 MI COOLDOWN

SLOW AND EASY 3 MI

DAY OFF RUNNING, XT OPTIONAL

EASY 3 MI AND GOOD STRETCH

20 MI LONG RUN, TIME ON THE FEET, NOT FAST AT ALL, PRACTICE FUELING

PLAN B WEEKLY MILEAGE: 37

20-30 MIN CORE/ HIPS

STRIDES

BAND WALKS/ 2 X 1 MIN PLANK VARIATION

10 MIN JASYOGA YOUR CHOICE

THE DOZEN

5 MIN ROLL GLUTES/HIP/THIGHS, STRETCH CALVES

LEGS UP THE WALL

LAUREN FLESHMAN'S 11-WEEK MARATHON TRAINING PLAN

WEEK 9

PLAN A

PLAN B

EXTRA

MONDAY

OFF

OFF

20-30 MIN CORE/ HIPS

TUESDAY

5 RUN AND 6 STRIDES

3 MI RUN AND 3 STRIDES

STRIDES

WEDNESDAY

15 MIN WARMUP, 4-5 X 10 MIN AT HM EFFORT WITH
5 MIN EASY JOG BETWEEN, 5 MIN COOLDOWN

10 MIN WARMUP, 4 X 10 MIN AT HALF MARATHON
EFFORT WITH 5 MIN EASY JOG BETWEEN,
5 MIN COOLDOWN

BAND WALKS/ 2 X 1 MIN PLANK VARIATION

THURSDAY

EASY 6 MI

EASY 3 MI

10 MIN JASYOGA YOUR CHOICE

FRIDAY

OPTIONAL DAY OFF RUNNING

DAY OFF RUNNING, XT OPTIONAL

THE DOZEN

SATURDAY

EASY 7 MI AND STRETCH

EASY 3 MI AND STRETCH

5 MIN ROLL GLUTES/HIP/THIGHS,
STRETCH CALVES

SUNDAY

LONG 16-18 MI, LAST 4 MI FAST FINISH

LONG 16-18 MI, LAST 4 MI FAST FINISH

LEGS UP THE WALL

PLAN A WEEKLY MILEAGE: 47

PLAN B WEEKLY MILEAGE: 34

WEEK 10

PLAN A

PLAN B

EXTRA

MONDAY

OFF

OFF

20-30 MIN CORE/ HIPS

TUESDAY

6 MI RUN AND 4 STRIDES

4 MI RUN AND 4 STRIDES

STRIDES

WEDNESDAY

8 X 800 WITH 60"R @ HM PACE AND WORKING DOWN
TO FASTER, 4 X 20 SECOND STRIDE

2 MI WARMUP, 8 X 800 WITH 60"R @ HM PACE
AND WORKING DOWN TO FASTER, 4 X 20 SECOND
STRIDE, 1 MI WARMDOWN

BAND WALKS/ 2 X 1 MIN PLANK VARIATION

THURSDAY

6 MI EASY

3 MI EASY

10 MIN JASYOGA YOUR CHOICE

FRIDAY

OPTIONAL DAY OFF RUNNING

DAY OFF RUNNING, XT OPTIONAL

THE DOZEN

SATURDAY

EASY 5 MI AND STRETCH

EASY 2 MI AND GOOD STRETCH

5 MINS ROLL GLUTES/HIP/THIGHS,
STRETCH CALVES

SUNDAY

LONG 10-12 MI RELAXED

LONG 10-12 MI RELAXED

LEGS UP THE WALL

PLAN A WEEKLY MILEAGE: 36

PLAN B WEEKLY MILEAGE: 28

LAUREN FLESHMAN'S 11-WEEK MARATHON TRAINING PLAN

WEEK 11	PLAN A	PLAN B	EXTRA
MONDAY	OFF	OFF	20-30 MIN CORE/ HIPS
TUESDAY	5 MI RUN AND 2 STRIDES	3 MI RUN AND 2 STRIDES	STRIDES
WEDNESDAY	2 X 1 MI AT MARATHON PACE, 90"R THEN 6 X 30" ON, 90" OFF FARTLEK	1 MI WARMUP, 2 X 1 MI AT MARATHON PACE, 90"R THEN 6 X 30" ON, 90" OFF FARTLEK, 1 MI WARMDOWN	2 MIN BAND WALKS
THURSDAY	65 MIN EASY	30 MIN EASY	10 MIN JASYOGA YOUR CHOICE
FRIDAY	DAY OFF, TRAVEL	DAY OFF, TRAVEL	15 MIN ROLL GLUTES/HIP/THIGHS/CALVES
SATURDAY	4 MI AND A GOOD STRETCH	2 MI AND A GOOD STRETCH	5 MIN ROLL GLUTES/HIP/THIGHS, LEGS UP THE WALL
SUNDAY	MARATHON RACE DAY!	MARATHON RACE DAY!	LEGS UP THE WALL
	PLAN A WEEKLY MILEAGE: 50.2	PLAN B WEEKLY MILEAGE: 36.2	



I like to anchor myself in gratitude, because it is a super positive and grounding force that cuts through all the bullshit.

- Lauren



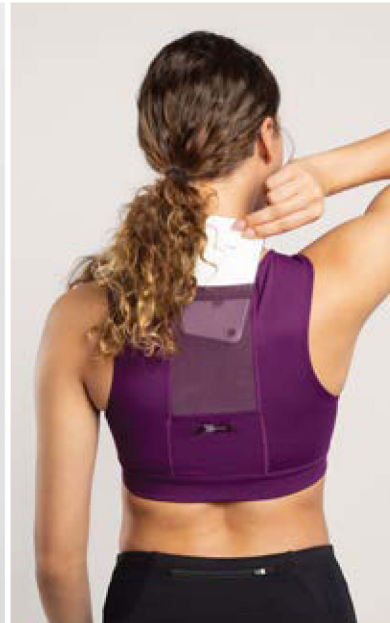
FAVORITE TRAINING + RACE DAY STYLES



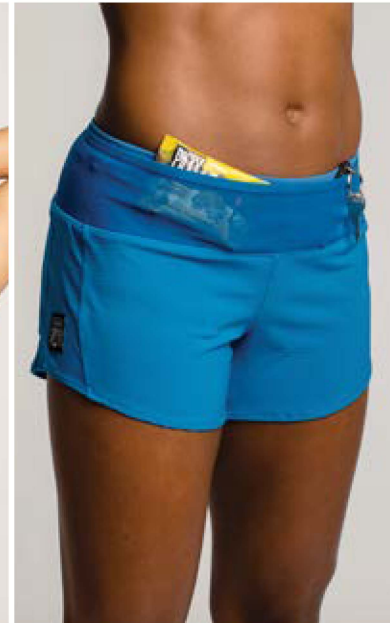
**LAUREN QUILTED
PULLOVER**



RUNNER TRUCKER



FLYOUT BRA



TOOLBELT ROGAS



LUX TAILORED PANTS

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