



SUJA'S ROCK 'N' ROLL MARATHON TRAINING TIPS



Congrats on taking the first step towards completing an incredible challenge – the 2016 Suja Rock 'n' Roll Marathon & Half Marathon. I am Nora Lynch, an ACSM Certified Personal Trainer (& Suja's Financial Analyst!). I'm here to provide you with a 6-week comprehensive training program designed to help you prepare for the big day in a safe and effective manner.

KEEP IN MIND FOR TRAINING

The full marathon plan is designed for individuals that have already completed a half marathon or are comfortable running appx. 10-12 miles at a leisurely pace. The half marathon plan is for those that are comfortable running 5-6 miles or are striving to improve their half-marathon times. Both programs are designed to increase endurance (the amount of distance covered), & speed (the time it takes to cover that distance). During training over the next 6 weeks, it's important to listen to your body. If you become restless or bored, speed up. If you become winded, slow down.

THE OVERVIEW

- **Warm Up:** I recommend doing a 5-minute jog or walk to warm up and cool down for each run or circuit.
- **Tempo Runs:** Tempo pace is often described as "comfortably hard." An easy way to ensure that you're doing tempo workouts at the right pace is to use a perceived exertion scale. A comfortable effort would be a 5, while racing would be a 10. A tempo run would be an 8 using this 1-10 scale.
- **Interval Runs:** On the perceived exertion scale, the sprint portion of the interval run should be at an exertion of 10. The goal is to sprint at an all-out effort and then recover with an easy jog or walk. The secret is in the recovery portion; the rest is required to reset the body and allow it to be pushed to it's maximum potential each interval.
- **Strength Circuit*:** Each circuit will either be completed for a certain number of repetitions or a prescribed amount of time. I've included six no-equipment full body workouts to supplement your running regimen. Pick one to complete each week! Note ~ any exercise name that you're unfamiliar with you can search on YouTube for a tutorial.
- **Hill Runs:** Hill training is similar to interval training in that it will improve both your aerobic (endurance) and anaerobic capacity to increase speed. Run uphill and jog back down as a recovery period. If you don't have hills in your area, you can substitute a treadmill workout. On the treadmill, set it at an incline of five to eight percent and run for 30-45 seconds to simulate a hill climb followed by 30-45 seconds of walking.
- **Easy Pace Run:** On the perceived exertion scale, this is a 5. It should be at a pace that allows you to hold a conversation while running.
- **Long Distance Run:** The goal is to complete the specified mileage. Focus on finishing the run at whatever pace is most realistic for you.
- **Rest Days:** Everyone has different schedules, so feel free to pick a rest day that works best for you! Give yourself what you need on that day—whether it's yoga, a long walk, a great stretch or doing absolutely nothing...you've been working hard and you deserve it.

On the "rest day," I included a mantra for the week. If you're ever feeling unmotivated, need an extra push, or just want a feel-good reminder, return to the weekly mantra. By acknowledging how you desire to feel or what you want to accomplish, you can make clear decisions that will move you in the right direction.



SUJA'S ROCK 'N' ROLL MARATHON

HALF MARATHON 6 WEEK

TRAINING TIPS



WEEK 1

- **Monday:** Tempo Run: 3 mi.
- **Tuesday:** Interval Run: Sprint 30 sec. / Walk 30 sec. for 25 min.
- **Wednesday:** Strength Circuit*
- **Thursday:** Hill Run for 30 min.
- **Friday:** Easy Pace Run: 4 mi.
- **Saturday:** Long Distance Run: 7 mi.
- **Sunday:** *"The miracle isn't that I finished. The miracle is that I had the courage to start."* -John Bingham

WEEK 2

- **Monday:** Tempo Run: 4 mi.
- **Tuesday:** Interval Run: Sprint 30 sec. / Walk 30 sec. for 25 min.
- **Wednesday:** Strength Circuit*
- **Thursday:** Hill Run for 30 min.
- **Friday:** Easy Pace Run: 3 mi.
- **Saturday:** Long Distance Run: 8 mi.
- **Sunday:** *"Your body will argue that there is no justifiable reason to continue. Your only rescue is to call on your spirit, which fortunately functions independent of logic."* -Tim Noakes

WEEK 3

- **Monday:** Tempo Run: 4 mi.
- **Tuesday:** Interval Run: Sprint 30 sec. / Walk 30 sec. for 30 min.
- **Wednesday:** Strength Circuit*
- **Thursday:** Hill Run for 30 min.
- **Friday:** Easy Pace Run: 3 mi.
- **Saturday:** Long Distance Run: 9 mi.
- **Sunday:** *"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it."* -Lou Holtz

WEEK 4

- **Monday:** Tempo Run: 3 mi.
- **Tuesday:** Interval Run: Sprint 40 sec. / Walk 20 sec. for 20 min.
- **Wednesday:** Strength Circuit*
- **Thursday:** Hill Run for 30 min.
- **Friday:** Easy Pace Run: 4 mi.
- **Saturday:** Long Distance Run: 10 mi.
- **Sunday:** *"To give anything less than your best, is to sacrifice the gift."* -Steve Prefontaine

WEEK 5

- **Monday:** Tempo Run: 4 mi.
- **Tuesday:** Interval Run: Sprint 40 sec. / Walk 20 sec. for 25 min.
- **Wednesday:** Strength Circuit*
- **Thursday:** Hill Run for 30 min.
- **Friday:** Easy Pace Run: 3 mi.
- **Saturday:** Long Distance Run: 11 mi.
- **Sunday:** *"You only ever grow as a human being if you're outside of your comfort zone."* -Percy Cerutti

WEEK 6

- **Monday:** Tempo Run: 4 mi.
- **Tuesday:** Interval Run: Sprint 40 sec. / Walk 20 sec. for 30 min.
- **Wednesday:** Strength Circuit*
- **Thursday:** Hill Run for 30 min.
- **Friday:** Easy Pace Run: 3 mi.
- **Saturday:** *"Running is the greatest metaphor for life, because you get out of it what you put into it."* -Oprah Winfrey
- **Sunday:** RACE DAY: Run 13.1 miles (because you're only half crazy)



SUJA'S ROCK 'N' ROLL MARATHON

FULL MARATHON 6 WEEK



TRAINING TIPS

WEEK 1

- **Monday:** Tempo Run: 4 mi.
- **Tuesday:** Interval Run: Sprint 30 sec. / Walk 30 sec. for 20 min.
- **Wednesday:** Strength Circuit*
- **Thursday:** Hill Run for 30 min.
- **Friday:** Easy Pace Run: 5 mi.
- **Saturday:** Long Distance Run: 13 mi.
- **Sunday:** *"The miracle isn't that I finished. The miracle is that I had the courage to start." -John Bingham*

WEEK 2

- **Monday:** Tempo Run: 5 mi.
- **Tuesday:** Interval Run: Sprint 30 sec. / Walk 30 sec. for 25 min.
- **Wednesday:** Strength Circuit*
- **Thursday:** Hill Run for 30 min.
- **Friday:** Easy Pace Run: 4 mi.
- **Saturday:** Long Distance Run: 16 mi.
- **Sunday:** *"Your body will argue that there is no justifiable reason to continue. Your only rescue is to call on your spirit, which fortunately functions independent of logic." -Tim Noakes*

WEEK 3

- **Monday:** Tempo Run: 5 mi.
- **Tuesday:** Interval Run: Sprint 30 sec. / Walk 30 sec. for 30 min.
- **Wednesday:** Strength Circuit*
- **Thursday:** Hill Run for 30 min.
- **Friday:** Easy Pace Run: 4 mi.
- **Saturday:** Long Distance Run: 18 mi.
- **Sunday:** *"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it." -Lou Holtz*

WEEK 4

- **Monday:** Tempo Run: 4 mi.
- **Tuesday:** Interval Run: Sprint 40 sec. / Walk 20 sec. for 20 min.
- **Wednesday:** Strength Circuit*
- **Thursday:** Hill Run for 30 min.
- **Friday:** Easy Pace Run: 5 mi.
- **Saturday:** Long Distance Run: 21 mi.
- **Sunday:** *"To give anything less than your best, is to sacrifice the gift." -Steve Prefontaine*

WEEK 5

- **Monday:** Tempo Run: 5 mi.
- **Tuesday:** Interval Run: Sprint 40 sec. / Walk 20 sec. for 25 min.
- **Wednesday:** Strength Circuit*
- **Thursday:** Hill Run for 30 min.
- **Friday:** Easy Pace Run: 4 mi.
- **Saturday:** Long Distance Run: 23 mi.
- **Sunday:** *"You only ever grow as a human being if you're outside of your comfort zone." -Percy Cerutti*

WEEK 6

- **Monday:** Tempo Run: 5 mi.
- **Tuesday:** Interval Run: Sprint 40 sec. / Walk 20 sec. for 30 min.
- **Wednesday:** Strength Circuit*
- **Thursday:** Hill Run for 30 min.
- **Friday:** Easy Pace Run: 4 mi.
- **Saturday:** *"Running is the greatest metaphor for life, because you get out of it what you put into it." -Oprah Winfrey*
- **Sunday:** RACE DAY: Run 26.2 miles (because you're full of crazy)



SUJA'S ROCK 'N' ROLL MARATHON TRAINING TIPS



STRENGTH CIRCUITS: Pick one to complete each week!

CIRCUIT 1

[TIME]

Perform each exercises for 45 sec.,
resting 15 sec. between each exercise.
Complete entire circuit 5 times.

- Star Jumps
- Tricep Dips (Use Chair, Table, etc.)
- Alternating Jump Lunges
- Plank Up-Downs

CIRCUIT 2

[REPS]

Perform 15 reps of each exercise.
Repeat entire circuit for 20 min.

- Split Squats: 1 rep ea. leg (Use Chair, Table, etc.)
- Push Ups
- Jump Squats
- Burpees

CIRCUIT 3

[TIME]

Perform each exercises for 45 sec.,
resting 15 sec. between each exercise.
Complete entire circuit 5 times.

- 3 Point Burpees
- 180 Degree Squat Jumps
- 4 Mountain Climbers / 2 Push-Up Combo
- Plank Jacks

CIRCUIT 4

[REPS]

Perform 15 reps of each exercise.
Repeat entire circuit for 20 min.

- Step-Ups: 1 rep. ea. leg (Use Chair, Table, bench, etc.)
- Reverse Lunge to Squat Combo: 1 rep. ea. leg
- Decline Push-Ups (Use Chair, bench, etc. to rest feet)
- Mountain Climbers

CIRCUIT 5

[TIME]

Perform each exercises for 45 sec.,
resting 15 sec. between each exercise.
Complete entire circuit 5 times.

- Alternating Lunge Jumps
- Stationary Lunge Pulse (each leg)
- Frog Jumps
- Wall-Sit

CIRCUIT 6

[REPS]

Perform 15 reps of each exercise.
Repeat entire circuit for 20 min.

- Speed Skaters
- Single-Leg Squat Touchdown: 1 rep ea. leg
- Hop Over Burpees
- Plank Up-Downs