

Light Category Marathon Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	3 mi	CT	3 mi	Rest	4 mi	3 mi EZ
2	Rest	3 miles	Rest	3 mi	CT or Rest	5 mi	3 mi EZ
3	Rest	3 mi	CT	4 mi	CT or Rest	6 mi	3 mi EZ
4	Rest	3 mi	Rest	4 mi	CT or Rest	4 mi	3 mi EZ
5	Rest	4 mi	CT	4 mi	CT or Rest	6 mi	3 mi EZ
6	Rest	4 mil	CT	4 mi	CT or Rest	8 mi	3 mi EZ
7	Rest	4 mi	CT	4 mi	CT or Rest	10 mi	3 mi EZ
8	Rest	4 mi	CT	4 mi	CT or Rest	8 mi	3 mi EZ
9	Rest	4 mi	CT	4 mi	CT or Rest	12 mi	Rest
10	4 mi EZ	4 mi	Rest	4 mi	CT or Rest	10 mi	3 mi EZ
11	Rest	4 mi	CT	4 mi	CT or Rest	14 mi	3 mi EZ
12	Rest	5 mi	CT	5 mi	CT or Rest	10 mi	3 mi EZ
13	Rest	4 mi	CT	5 mi	CT or Rest	16 mi	3 mi EZ
14	Rest	4 mi	CT	5 mi	CT or Rest	12 mi	3 mi EZ
15	Rest	4 mi	CT	5 mi	CT or Rest	18 mi	Rest
16	3 mi EZ	5 mi	Rest	6 mi	CT or Rest	12 mi	3 mi EZ
17	Rest	4 mi	CT	6 mi	CT or Rest	20 mi	3 mi EZ
18	Rest	4 mi	CT	4 mi	CT or Rest	12 mi	3 mi EZ
19	Rest	3 mi	20 minutes	3 mi	CT or Rest	8 mi	3 mi EZ
20	Rest	2 mi	20 minutes	Rest Day	20 minutes	Race Day!	Rest Day!

Mondays: Most Mondays are rest days. Rest is critical to your recovery and injury prevention efforts, so don't ignore rest days.

Tuesdays and Thursdays: After your warm up, run at a moderate pace (slightly faster than your long run pace) for the designated mileage. Cool down and stretch after your run.

Wednesdays and Fridays: Do a cross-training (CT) activity (biking, swimming, elliptical trainer, etc.) at easy-to-moderate effort for 30 to 45 minutes. If you're feeling very sluggish or sore on Friday, take a rest day. It's important that you're feeling strong for your Saturday long run.

Saturdays: This is the day for your long slow distance run. Run the designated mileage at an easy, conversational pace. Use your breathing as your guide. You should be able to breathe easily and talk in complete sentences comfortably during your run.

Sundays: This is an active recovery day. Your short run should be at a very easy (EZ), comfortable pace, which helps loosen up your muscles.

Heavy Category Marathon Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 miles	2 miles EZ	Rest	2 miles	1 mile	2 mile RUCK	Rest
2	3 miles	3 miles EZ	Rest	2 miles	2 miles	3 mile RUCK	Rest
3	3 miles	3 miles EZ	CT or Rest	2 miles	2 miles	4 mile RUCK	Rest
4	3 miles	3 miles EZ	CT or Rest	2 miles	2 miles	5 mile RUCK	Rest
5	3 miles	4 miles EZ	CT or Rest	2 mile RUCK	Rest	4 mile RUCK	Rest
6	3 miles	4 miles EZ	CT or Rest	3 mile RUCK	Rest	5 mile RUCK	Rest
7	3 miles	4 miles EZ	CT or Rest	4 mile RUCK	Rest	6 mile RUCK	Rest
8	3 miles	4 miles EZ	CT or Rest	5 mile RUCK	Rest	7 mile RUCK	Rest
9	3 miles	4 miles EZ	CT or Rest	6 mile RUCK	Rest	7 mile RUCK	Rest
10	3 miles	Rest	CT or Rest	4 miles	3 mile	8 mile RUCK	Rest
11	4 miles	3 miles EZ	CT or Rest	5 miles	3 miles	8 mile RUCK	Rest
12	4 miles	3 miles EZ	CT or Rest	4 miles	3 miles	7 mile RUCK	Rest
13	4 miles	3 miles EZ	CT or Rest	5 miles	2 miles	9 mile RUCK	Rest
14	5 miles	Rest	CT or Rest	4 mile RUCK	2 miles	8 mile RUCK	Rest
15	5 miles	4 miles EZ	Rest	5 mile RUCK	Rest	10 mile RUCK	Rest
16	6 miles	4 miles EZ	Rest	4 mile RUCK	Rest	12 mile RUCK	Rest
17	7 miles	5 miles EZ	CT or Rest	5 mile RUCK	Rest	14 mile RUCK	Rest
18	6 miles	4 miles EZ	Rest	5 mile RUCK	Rest	9 mile RUCK	Rest
19	4 miles	3 miles EZ	CT or Rest	3 mile RUCK	2 miles	6 mile RUCK	Rest
20	2 miles	3 mile RUCK	Rest	2 mile RUCK	1 mile	Rest	RACE DAY!

Progression is as follows:

Week 1-3: 10% bodyweight (min 15lb) x 2-4 miles

Week 4-6: 15% bodyweight (min 25lb) x 4-5 miles

Week 7-9: 15% bodyweight (min 25lb) x 6-7 miles

Week 10-12: Race weight (35-65lb) x 7-8 miles

Week 13-14: 25% bodyweight (min 40lb) x 8-9 miles

Week 15-16: Race weight (35-65lb) x 10-12 miles

Week 17-18: 15% bodyweight (min 25lb) x 14-9 miles

Week 19-20: Race weight (35-65lb) x 6-2 miles

Begin with 10% of your bodyweight, or a minimum 15lb. Stay with that weight for 2-3 weeks. Accomplish 2-3 ruck marches a week on days you are not running. Just like running you have to build one quality at a time. You can't run fast AND far at the same time. You get your distance down first, then you work on speed. In rucking, you get your weight bearing capacity down first for a set distance, then increase the distance, then the speed if necessary. If you push yourself properly (fast enough so talking is possible but a bit labored) you should be injury free and have the speed you need at the end. The most important part of training (running or rucking) in boots is proper fit and blister control. Here are some tips to deal with training in boots and treating / preventing blisters:

1) Break in Your Boots to Your Feet

One way to break in your boots is to take a shower with your new boots and walk around (not run!) in them for about two hours. This will mold them to your feet. Polish them well with shoe polish to protect them from further water damage.

2) Place Insoles Into Your Boots

Good arch supporting and heel cushioning inserts are thick and may require you to purchase boots that are one size or half-size larger.

3) Wear Two Pairs of Socks

Wear a tight fitting polyester pair of socks that cling to your feet underneath the thicker pair of regulation socks. This will enable your foot to have a protective layer on it and prevent blisters. It will also keep sand and dirt from rubbing your feet inside your thick sock, which is what will cause a blister - even in perfect fitting boots.

4) DO NOT RUN With Weight

You can walk at a fast pace but running will damage the lower extremities (shins, knees, lower back). When walking, stride with short, fast steps and straighten the knee each step to relax the leg muscles briefly. Walk straight, with the weight of the body kept directly over the feet, walking flat-footed. Conversely, bend your knees when going downhill to absorb the shock of each step. Dig in the heels with each step.