

How long will it take me to train?



runner131419 7 posts since

Apr 14, 2007

I am a runner who has been running for 3 years and would like to try the marathon. I plan to do the New Jersey marathon on May 4, 2008. I currently run 25-30 miles a week. My furthest run so far has been 11 miles. Any thoughts on schedules, recovery, and training tips!

Thanks.



Guest 1. **Re: How long will it take me to train?** Dec 10, 2007 9:55 PM

Well you have done the right thing by leaving yourself plenty of time. You have also made a good start since you are running 25-30 miles a week at the moment. I think you are on the right track to run a great marathon come May. You will need to build up your weekly milage to about 45-50 and your long run to around 22-23 miles but with the right training you can easily acheive that. As for recovery the biggest thing I notice people forget is they dont stretch before and after they train and they dont do a warm up or cool down. You should get a solid stretching session in before and after you train and a good warm up and cool down so you give your body the best chance to recover and prevent injury. Also do you cross train? That also helps with recovery and injury prevention. If you have any more questions feel free to let me know. Good luck!

www.MarathonExperts.com[/URL" target="_blank"> - Now Everyone Can Successfully Complete Their First Marathon



NateFromRI 51 posts since

Dec 14, 2007 2. **Re: How long will it take me to train?** Dec 26, 2007 8:12 AM

It sounds like you have a good base for starting a marathon training plan. They are generally 18 weeks long, culminating in the race itself, so that's the easy answer to how long you'll need.

In my first marathon, I used the 20 week beginner plan on this website http://www.coolrunning.com/engine/2/2_4/143.shtml.[/URL" target="_blank"> It got me up to

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the distance and I got through the marathon pretty well. In retrospect, however, I think it probably put too much emphasis on the long run and too little on overall weekly mileage. I've seen a lot of people on here mention Hal Higdon's training schedules <http://www.halhighdon.com/marathon/Mar00index.htm> and many people seem to love Pfitzinger's schedules from his advanced marathoning book. The book has schedules for various weekly mileage (40, 55 & 70) as well as over varying times (12, 18 & 24 weeks). I'm not sure if that info is online. I'm starting the Pfitzinger 24 week, 55 mile schedule today as training for my second 'thon. Good luck.

[[http://This message has been edited by NateFromRI \(edited Dec-11-2007\).](#)]
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[VictorN](#) 395 posts since

Dec 14, 2007 3. **Re: How long will it take me to train?** Dec 11, 2007 8:24 AM

I highly recommend that you pick up a copy of Pfitzinger's *Advanced Marathoning*. You can probably follow the 55 mile plan without any problem. The best thing about this book, however, is that it provides you with the knowledge you need to tweak the plan to your specific needs.

Victor

www.competitiverunner.com



[saviorfaire](#) 188 posts since

Dec 14, 2007 4. **Re: How long will it take me to train?** Dec 11, 2007 11:33 AM

Where is the NJ Marathon held?



[calladar](#) 12 posts since

May 21, 2007 5. **Re: How long will it take me to train?** Dec 11, 2007 12:16 PM

How long will it take me to train?

NateFromRI,

I was going to use the same schedule you did for your first marathon. Why would you not have used that again? Did you beat 4 hours? I am 37 Male and average 20-25 miles a week and been running for 1 year. I used the cool running schedule for half marathon and seemed to be right on, but same was nervous of little mileage in middle of the week. Anyway, just curious on why it was bad for first marathon.

Thanks

[QUOTE]Originally posted by NateFromRI:

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[dzillas](#) 56 posts since

Mar 22, 2004 6. **Re: How long will it take me to train?** Dec 11, 2007 5:21 PM

Just to echo what others have said, runner131419 is well positioned for a first marathon. I used the schedules offered by the New York Road Runner's Club for my first two marathons, but I don't think that was wise. Now I use Pfitz, and am a big fan. That said, I don't think I would recommend his schedules for a lot of first time marathoners, given the speed work he includes. However, since runner has such a solid base it might not matter.



[NateFromRI](#) 51 posts since

Dec 14, 2007 7. **Re: How long will it take me to train?** Dec 11, 2007 7:07 PM

I did beat 4 hours (3:45), but felt that I could have done better. I was in rough shape after mile 22 and my speed wasn't proportional to what I run in other distances. McMillan has me running a 3:20ish marathon.

After lots of reading both in forums like this and in books, there seems to be a good consensus that there should be a lot more mid-week mileage to improve marathon performance. I guess I'll find out if that's true for me in a few months!

All that said, the plan did get me up to enough of a base that I could reasonably run a marathon. I started off doing less than you are now, so I'm sure you could start with something a little more advanced.