



"ADVANCED" Antarctica Marathon Training Program

The "Advanced Run" Program is best suited for those who have been running at least 5 times per week for 45-90 minutes for at least one year. If you are running less consider the "Intermediate Run or Run" Program.

| DAY MODE INTENSITY I-RATE SYSTEM HEART RATE | Monday Run +ST Easy Pace 7 - 7.5 70-75% | Tuesday Glacier Run Challenging 8-9 80-90% | Wednesday Cross-Training + ST Moderate 7-8 75-80% | Thursday Run Hill Tempo Moderate 7-8 75-80% | Friday Run Easy Pace 7 - 7.5 70-75% | Saturday Run-Endurance Hill Conversational Pace 6.5 - 7.5 65-75% | Sunday Rest Day |
|---|---|--|---|---|---|--|--------------------|
| WEEK 1 November 19 - 25 | 50 minutes Easy Pace | *Glacier Hill Workout 20Run+10Climb+30Run | 40-45 minutes | 50 minutes EZ 4x Striders | 40 minutes | 11 miles Hilly Course | Rest |
| WEEK 2 November 26 - Dec 2 | 50 minutes Easy Pace | *Glacier Hill Workout 20Run+10Climb+30Run | 40-45 minutes | 50 minutes EZ 4x Striders | 40 minutes | 12 miles Hilly Course | Rest |
| WEEK 3 December 3 - 9 | 45 minutes Easy Pace | *Glacier Hill Workout 20Run+12Climb+30Run | 40-45 minutes | 50 minutes EZ 4x Striders | 40 minutes | 8 miles [Race Pace Run] 6 miles at race pace | Rest |
| WEEK 4 December 10 - 16 | 50 minutes Easy Pace | *Glacier Hill Workout 25Run+12Climb+30Run | 40-45 minutes | 60 minutes EZ 4x Striders | 40 minutes | 14 miles Hilly Course | Rest |
| WEEK 5 December 17 - 23 | 50 minutes Easy Pace | *Glacier Hill Workout 25Run+15Climb+30Run | 40-45 minutes | TEMPO A Workout | 40 minutes | 16 miles Hilly Course | Rest |
| WEEK 6 December 24 - 30 | 45 minutes Easy Pace | *Glacier Hill Workout 25Run+15Climb+30Run | 40-45 minutes | 60 minutes EZ 4x Striders | 40 minutes | 8 miles [Race Pace Run] 6 miles at race pace | Rest |
| WEEK 7 December 31 -Jan 6 | 50 minutes Easy Pace | *Glacier Hill Workout 30Run+15Climb+30Run | 40-45 minutes | TEMPO A Workout | 40 minutes | 18 miles Hilly Course | Rest |
| WEEK 8 January 7 - 13 | 45 minutes Easy Pace | *Glacier Hill Workout 20Run+20Climb+30Run | 40-45 minutes | 50 minutes EZ 4x Striders | 40 minutes | 10 miles [Race Pace Run] 7 miles at race pace | Rest |
| WEEK 9 January 14 -20 | 60 minutes Easy Pace | *Glacier Hill Workout 30Run+20Climb+30Run | 40-45 minutes | TEMPO A Workout | 40 minutes | 20 miles Hilly Course | Rest |
| WEEK 10 January 21 -27 | 45 minutes Easy Pace | *Glacier Hill Workout 30Run+20Climb+30Run | 40-45 minutes | 50 minutes EZ 4x Striders | 40 minutes | 10 miles [Race Pace Run] 7 miles at race pace | Rest |
| WEEK 11 January 28 - Feb 3 | 60 minutes Easy Pace | *Glacier Hill Workout 30Run+20Climb+30Run | 40-45 minutes | TEMPO B Workout | 40 minutes | 20 miles Hilly Course | Rest |

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| WEEK 12 February 4 - 10 | 45 minutes Easy Pace | *Glacier Hill Workout 20Run+15Climb+30Run | 40-45 minutes | 50 minutes EZ 4x Striders | 40 minutes | 10 miles [Race Pace Run] 7 miles at race pace | Rest |
| WEEK 13 February 11 - 17 | 60 minutes Easy Pace | *Glacier Hill Workout 30Run+25Climb+30Run | 40-45 minutes | TEMPO B Workout | 40 minutes | 21 miles Hilly Course | Rest |
| WEEK 14 February 18 - 24 | 60 minutes Easy Pace | *Glacier Hill Workout 25Run+20Climb+30Run | 40-45 minutes | 50 minutes EZ 4x Striders | 40 minutes | 12 miles Last 4 miles at race pace Hilly Course | |
| WEEK 15 February 25 - March 2 | 50 minutes Easy Pace | TRAVEL to BA | Easy Run in BA 40-60 minutes Warm Weather | Easy Run in BA 40-60 minutes Warm Weather | Easy Run in BA 40-60 minutes Warm Weather | Travel to Ushuaia Rest Day | At Sea Walk and Stretch |
| WEEK 16 March 3 - 5 | Rest & Explore <i>Stretch and Walk</i> | Rest & Explore <i>Stretch and Walk</i> | ANTARCTICA MARATHON!! | Rest & Explore <i>Stretch and Walk</i> | Rest & Explore <i>Stretch and Walk</i> | Rest & Explore <i>Stretch and Walk</i> | Travel Home |

Warm-up: walking 5 minutes at an easy pace prior to every run workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: walking 5 minutes at an easy pace after to every run workout to gradually bring heart rate and breathing back to normal levels.

Flexibility: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

***Striders=** After the walking cool down, perform 4 strides by gradually increasing running pace for 30 seconds until a fast but controlled pace is reached, focusing on form and quick foot strike. Follow with one minute of easy walking. Repeat 4 times.

Heart Rate= Using a heart monitor maintain a range between the prescribed percentages...65-75% of estimated maximum heart rate.

I-Rate= Rate of perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

Cross-Training= Include activities that are non running or and will supplement your running preparation for the race. Cycling or spinning, hiking on trails, stairclimbing pilates/yoga. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout.

Endurance Pace= Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7.5. Note: heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.

ST= Strength Training and flexibility: A strong foundation will prevent overuse injuries and improve running efficiency. Especially on trail races. Include a total body strength training regimen twice per week on the scheduled days. Avoid strength training the day before or after the long runs.

Easy [EZ] Pace: Easy to moderate pace at 70-75% of maximum heart rate or an iRate level of 7+. A pace you could go at for along time easily.

Moderate Pace: Moderate pace at 75-80% of maximum heart rate or an iRate level of 7-8. A pace where you can hear your breathing, but not breathing hard.

Endurance Run= The Endurance Run should be at a slow, and comfortable-conversational pace. You should be at a pace to hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7. Try to run your long runs on hills and trails as much as possible. The marathon course rolls the entire course through short, steep hills and long gradual hills.

Race Pace Run:= This workout is only effective if you run it at your planned marathon pace and no faster . Run first 2 miles of run at easy, endurance pace and remainder miles at planned marathon pace (race pace). This is a great way to train mentally for the race and teach your body the pace needed on race day. The key is to run at race pace and no faster. It is optimal to try and train on rolling trails or country roads to simulate race day terrain.