



# "Intermediate" Antarctica Marathon Training Program

The "Intermediate Run" Program is best suited for those who have been running at least 4 times per week for 45-70 minutes for at least one year. If you are running less consider the "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
<b>WEEK 1</b> November 19 - 25	45 minutes Easy Pace	<b>*Glacier Hill Workout</b> 20Run+10Climb+25Run	40-45 minutes	50 minutes EZ 4x Striders	40 minutes	9 miles Hilly Course	Rest
<b>WEEK 2</b> November 26 - Dec 2	45 minutes Easy Pace	<b>*Glacier Hill Workout</b> 20Run+10Climb+25Run	40-45 minutes	50 minutes EZ 4x Striders	40 minutes	10 miles Hilly Course	Rest
<b>WEEK 3</b> December 3 - 9	45 minutes Easy Pace	<b>*Glacier Hill Workout</b> 20Run+10Climb+25Run	40-45 minutes	50 minutes EZ 4x Striders	40 minutes	8 miles [Race Pace Run] 4 miles at race pace	Rest
<b>WEEK 4</b> December 10 - 16	45 minutes Easy Pace	<b>*Glacier Hill Workout</b> 20Run+12Climb+25Run	40-45 minutes	50 minutes EZ 4x Striders	40 minutes	12 miles Hilly Course	Rest
<b>WEEK 5</b> December 17 - 23	45 minutes Easy Pace	<b>*Glacier Hill Workout</b> 20Run+12Climb+25Run	40-45 minutes	50 minutes EZ 4x Striders	40 minutes	14 miles	Rest
<b>WEEK 6</b> December 24 - 30	45 minutes Easy Pace	<b>*Glacier Hill Workout</b> 20Run+12Climb+25Run	40-45 minutes	60 minutes EZ 4x Striders	40 minutes	8 miles [Race Pace Run] 4 miles at race pace	Rest
<b>WEEK 7</b> December 31 -Jan 6	45 minutes Easy Pace	<b>*Glacier Hill Workout</b> 20Run+15Climb+30Run	40-45 minutes	60 minutes EZ 4x Striders	40 minutes	16 miles Hilly Course	Rest
<b>WEEK 8</b> January 7 - 13	45 minutes Easy Pace	<b>*Glacier Hill Workout</b> 20Run+15Climb+30Run	40-45 minutes	50 minutes EZ 4x Striders	40 minutes	8 miles [Race Pace Run] 5 miles at race pace	Rest
<b>WEEK 9</b> January 14 -20	50 minutes Easy Pace	<b>*Glacier Hill Workout</b> 20Run+15Climb+30Run	40-45 minutes	<b>TEMPO A</b> Workout	40 minutes	18 miles Hilly Course	Rest
<b>WEEK 10</b> January 21 -27	50 minutes Easy Pace	<b>*Glacier Hill Workout</b> 20Run+20Climb+30Run	40-45 minutes	50 minutes EZ 4x Striders	40 minutes	8 miles [Race Pace Run] 6 miles at race pace	Rest
<b>WEEK 11</b> January 28 - Feb 3	50 minutes Easy Pace	<b>*Glacier Hill Workout</b> 20Run+20Climb+30Run	40-45 minutes	<b>TEMPO A</b> Workout	40 minutes	20 miles Hilly Course	Rest
<b>WEEK 12</b> February 4 - 10	50 minutes Easy Pace	<b>*Glacier Hill Workout</b> 20Run+20Climb+30Run	40-45 minutes	50 minutes EZ 4x Striders	40 minutes	10 miles [Race Pace Run] 7 miles at race pace	Rest
<b>WEEK 13</b> February 11 - 17	50 minutes Easy Pace	<b>*Glacier Hill Workout</b> 20Run+20Climb+30Run	40-45 minutes	<b>TEMPO B</b> Workout	40 minutes	20 miles Hilly Course	Rest

<b>WEEK 14</b> February 18 - 24	50 minutes Easy Pace	<b>*Glacier Hill Workout</b> 20Run+20Climb+30Run	40-45 minutes	50 minutes EZ 4x Striders	40 minutes	10 miles Last 4 miles at race pace	Rest
<b>WEEK 15</b> February 25 - March 2	50 minutes Easy Pace	<b>TRAVEL to BA</b>	<b>Easy Run in BA</b> 40-60 minutes Warm Weather	<b>Easy Run in BA</b> 40-60 minutes Warm Weather	<b>Easy Run in BA</b> 40-60 minutes Warm Weather	<b>Travel to Ushuaia</b> Rest Day	<b>At Sea</b> Walk and Stretch
<b>WEEK 16</b> March 3 - 5	<b>Rest &amp; Explore</b> <i>Stretch and Walk</i>	<b>Rest &amp; Explore</b> <i>Stretch and Walk</i>	<b>ANTARCTICA</b> <b>MARATHON!!</b>	<b>Rest &amp; Explore</b> <i>Stretch and Walk</i>	<b>Rest &amp; Explore</b> <i>Stretch and Walk</i>	<b>Rest &amp; Explore</b> <i>Stretch and Walk</i>	<b>Travel Home</b>

**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.

**\*Glacier Hill Workout: Warning!!.** This workout is very challenging, but will prepare you well for the physical and mental challenges on the Antarctica Marathon. Make sure to take the climbing pace easy at first and let your body adapt. The race course rolls the entire way and also includes a climb [hike] up a glacier on snow up 17% grade incline about 2/3 of a mile (1K). To preface the Glacier Hill Workout, warm-up walking 5 minutes at a brisk pace. Run the scheduled Glacier Hill Workout [Run20+Climb10+Run30] means **Run** easy for 20 minutes, then **Climb** stairs, on a climbing machine at the gym or elevate a treadmill to max incline 12-15% and climb for 10 minutes, finish with **Running** at easy to moderate pace for 30 minutes. Cool down with 5 minutes of walking. This will train your mind and body for the Glacier climb you will run twice on the marathon course. Include hills in the run segments of this workout. If you are new to hills, start with 2-4% and vary the time and incline, then build to 4-6% gradually. Note: you can also perform the climb at the beginning or end of the run if that works better with your terrain (i.e. if you are running hills outdoors - then climbing in the gym or on stairs)

**\*Tempo "A" Workout:** Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Repeat 4 times: Run 5 minutes comfortably hard or Tempo pace at 80-85% heart rate or 8-8.5 on I-Rate Scale followed by 2 minutes easy paced running to recover. Cool down with 5 minutes easy paced running and 5 minutes walking. Run these workouts on a rolling course of hills or on a treadmill with hills varying from 3-6%. Run this workout on a hilly course for better race preparation.

**\*Tempo "B" Workout:** Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Repeat 2 times: Run 10 minutes comfortably hard or Tempo pace at 80-85% heart rate or 8-8.5 on I-Rate Scale followed by 2 minutes easy paced running to recover. Cool down with 5 minutes easy paced running and 5 minutes walking. Run these workouts on a rolling course of hills or on a treadmill with hills varying from 3-6%. Run this workout on a hilly course for better race preparation.