

Marathon Training Program - Terminology Definitions

Tempo - run at a pace that is about 15-30 sec per mile slower than your 5k race pace. Begin the run with a half mile warm up and end run with a half mile cool down. When the training program lists 4 miles-tempo, this means you should do a half mile warm up followed by 3 miles at tempo pace and then cool down for a half mile for a total run mileage of 4 miles.

Long Slow Distance (LSD) - run at a pace that is at least 1 min per mile slower than your 5k race pace. When the training program lists 5 miles-LSD, this means that you should do a half mile warm up followed by 4 miles at LSD pace and then cool down for a half mile for a total of 5 miles.

Pyramid - this is a fun and challenging track interval workout that progressively increases and then decreases the distance of the intervals during the workout. Run the intervals at a pace that is about your 5k race pace-15 sec per mile faster than your 5k race pace. When the training program lists 4.5 miles-pyramid, this means you should do a half mile warm up followed by: quarter mile very fast run, quarter mile recovery jog, half mile very fast run, quarter mile recovery jog, three quarters mile very fast run, quarter mile recovery jog, half mile very fast run, quarter mile recovery jog, quarter mile very fast run, quarter mile recovery jog; and then cool down for a half mile for a total of 4.5 miles.

Track - run at 5k race pace. This is a challenging track workout consisting of 1 mile long intervals with half mile recovery jogs in between. When the training program lists 4 miles-track, this means that you should do a half mile warm up followed by 1 mile fast, half mile recovery jog, 1 mile fast, half mile recovery jog, and then cool down for a half mile for a total of 4 miles.

Easy - run at a pace that is 1 to 2 min per mile slower than your 5k pace. You'll see easy runs appear during recovery weeks.

Off/XT - take the day off to recover or do a non-impact or low-impact cardio activity (ex. cycling, swimming, cross country skiing) other than running.

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