



Heart-Rate Marathon Training Schedule

	Tuesday Workout #1 (Speed Work)	Thursday Workout #2	Sat or Sunday Workout #3
Week 1	30 Min Run Mile Test	5-6 miles	5-6 miles
Week 2	30 Min Run	5-6 miles	5-6 miles
Week 3	30 Min Run	5-6 miles	5-6 miles

Week 4	30 Min Run Mile Test	6-7 miles	10k Race
Week 5	30 Min Run	6-7 miles	6-7 miles
Week 6	30 Min Run	6-7 miles	6-7 miles
Week 7	30 Min Run Mile Test	7-8 miles	Half MHR Marathon
Week 8	30 Min Run	7-8 miles	7-8 miles
Week 10	30 Min Run Mile Test	7-8 miles	7-8 miles

Week 11	30 Min Run	9 miles	9 mile @ MHR
Week 12	30 Min Run	9 miles	9 miles
Week 13	30 Min Run Mile Test	9 miles	6 miles
Race Week	30 Min Run Mile Test	Easy 2 miles	26.2 Miles Race Day

Keep Calm Run Less/Run Faster (9-Mile Marathon Method)

The Science Behind the 9-Mile Marathon Method

The 9-Mile Marathon Method is built on a simple principle:

Train your body to work efficiently at a strong, sustainable effort—without unnecessary breakdown.

This approach works for:

- Continuous runners
- Run-walk-run athletes
- First-time marathoners and experienced runners alike

The key is effort control, not speed.

Why the 9-Mile Marathon Method Works

Training near 80–82% of maximum heart rate places the body in a powerful aerobic range where it learns to:

- Sustain effort for long periods
- Improve fuel utilization
- Build fatigue resistance
- Increase confidence in marathon effort

At this intensity, runners are challenged but not overwhelmed. There is enough stress to stimulate adaptation, but not so much that recovery becomes a problem.

This is why runners often feel:

- Strong during runs
- Consistent week to week
- Less injured or burned out

The method teaches runners how to stay out of the red while still making meaningful progress.

How to Find Your True Maximum Heart Rate (Track Test)

For runners who want the most accurate numbers, a max heart rate field test can be performed on a track.

How to Perform the Test

1. Go to a track or flat, uninterrupted course
2. Warm up easily for 10 minutes
3. Begin running at a steady pace for 2 minutes
4. Every 2 minutes, slightly increase your pace
5. Continue until you are running as fast as you can no longer sustain
6. When you must stop, immediately snapshot or record your heart rate

The highest number you see at the end is your tested maximum heart rate.

This test should feel very hard and should only be done when healthy and well-rested.

Calculating Your Training Heart Rate From the Test

Once you know your tested max heart rate:

- Multiply that number by 0.80–0.82

Example:

- Tested max HR: 198 bpm
- 80% = 158 bpm
- 82% = 162 bpm

This creates a working range, not a single number.

You typically have about 15–19 beats per minute in this zone before drifting into excessive, red-zone effort. This buffer allows room for terrain, fatigue, and day-to-day variability.

A Simple Estimation (If You Do Not Test)

If you do not perform a max test, you can use this estimate:

$220 - \text{your age} = \text{estimated max heart rate}$

Then multiply by 0.80–0.82

This method is easy and accessible, but it often underestimates conditioned runners. It should be used as a starting point—not a strict limit.

Why Run-Walk-Run Fits Perfectly With This Method

The run-walk-run strategy is not a fallback—it is a performance tool.

During run-walk-run training:

- Run segments may approach the upper end of the target range
- Walk breaks allow heart rate to settle back into the desired zone
- The average effort remains controlled and aerobic

Rather than steadily climbing into the red, runners learn to:

- Regulate effort
- Delay fatigue
- Maintain form and confidence late into runs

This makes run-walk-run especially effective for marathon training.

What 80–89% Effort Looks Like Across Devices

Heart-rate platforms use different zone names and colors, but the effort remains the same.

Apple Watch

- Zone: Zone 3 (Moderate) to low Zone 4
- Color: Yellow to Orange

Garmin

- Zone: Upper Zone 3 to low Zone 4
- Label: Aerobic / Tempo
- Color: Green to Orange

MyZone

- Zone: Yellow (80–89%)
- Color: Yellow
- Red Zone: 90–100% (too hard for this method)

Strava

- Zone: Zone 3 (Tempo) or low Zone 4
- Label: Moderate to Threshold-adjacent

It is normal for devices to label zones differently. This does not mean the training is wrong.

The Most Important Rule

Do not chase a zone number.

If your effort feels:

- Controlled but challenging
- Breathing is elevated, not panicked
- You can speak short phrases
- You finish feeling strong, not depleted

You are training correctly—regardless of what your device calls the zone.

Remember The Purpose of the 9-Mile Marathon Method

This method exists to teach runners how to:

- Trust effort over ego
- Build endurance safely
- Stay consistent
- Finish races feeling capable and confident

By mastering effort near 80–82% and using run-walk-run strategically, runners learn that marathon success is not about pushing harder—it is about pacing smarter.

***Tuesday Speed Days:** 5-10 minute warm-up followed by 400 or 800 meter repeats. After each repeat, take an equal rest before starting the next. (Example) After completing the 400 meters in 2 minutes and 30 seconds, take a 2-min and 30-sec rest before starting your next set—the same for your 800-meter repeats.

Conclude each speed day with a 5-minute cool-down.

***Terminology:** 400's equals a quarter mile/ 400 meters. This would represent one time around the inside lane of any track. An 800 equals a half mile/ 2 times around the inside lane of a track. If a track is not available to you, just use the GPS on your running app. Sec means how many seconds to rest.

I ALWAYS recommend using a track for quarter-mile repeats. You can also use the GPS to track your meters using the Nike Run Club app set to SPEED.

****Special Note:** Although Tuesdays are considered speed workouts, for the beginner who will be implementing the run, walk, run, you can consider this endurance training. If you can clear a quarter mile without stopping, then 30 seconds of running will be a breeze. However, you can also use your run, walk ratios to complete these workouts.

I challenge you, to challenge yourself to complete this non-stop.

You are the captain of your own running ship.

HOW TO SET UP SPEED WORKOUT USING NIKE RUN CLUB APP

Phone App: <https://youtu.be/MQIsUgbG8L8>

Apple Watch: <https://youtu.be/j6sIWnWDQQc>

Unlock Your Fastest Mile: The Key to a Stronger Marathon

Whether you're a beginner looking to build speed or a seasoned runner aiming for a new personal best, the mile test is a powerful tool in your training. One of the best ways to measure your progress is by completing the Keep Calm Mile test. This structured approach helps determine your ideal pace, whether you're following a run-walk-run strategy or pushing for a faster time.

How to Find Your Keep Calm Mile

Set Up Your Tracking App – Use Nike Run Club or any other tracking app and set your workout distance to 1 mile.

Warm Up – Start with a slow half-mile jog to get your body ready.

Acceleration-Gliders – Perform two rounds of:

10 seconds fast walking

10 seconds jogging

10 seconds at a faster jogging pace

Cadence Drills – Do two sets of:

30 seconds jogging fast, counting how many times your right foot touches the ground

30 seconds walking before repeating

End Your Warm-Up – Stop your workout and set up a new workout for exactly 1 mile.

Shake It Out – Walk for about 3 minutes, doing leg swings and shoulder rolls to loosen up.

Run Your 1-Mile Test

Pace yourself evenly across each quarter-mile (4 laps on a standard track).

Experienced runners: Run the full mile without stopping and record your best time.

Beginners: Jog as much as possible before taking a walk break. Walk when needed but aim to complete the mile at your best effort.

Record Your Results – Stop your workout immediately after finishing your mile. Take a screenshot and send it via Messenger, text, or email.

How Your Keep Calm Mile Helps Your Training

Your mile test helps determine where you fall on the run-walk-run pace chart. To adjust for natural fatigue over longer distances, add 30 seconds to your mile time. For example, if you run a 9:30 mile, your estimated 5K pace would be 10:00 per mile, meaning a run-walk-run ratio of 90 seconds running, 30 seconds walking.

Make This a Regular Benchmark

For experienced runners aiming to improve, take this test at least once per month. You can also integrate it into a long run by:

- Warming up

- Running the 1-mile test

- Walking for 5 minutes

- Completing the rest of your scheduled mileage at a slow, steady pace

If this is a standalone test, simply cool down with a 5-minute walk, and you're done!

By regularly testing your Keep Calm Mile, you'll gain insight into your progress and refine your training for a stronger, faster 5K.

Would you like to join group training or semi-private sessions text "RUN/WALK" to 609-418-9488