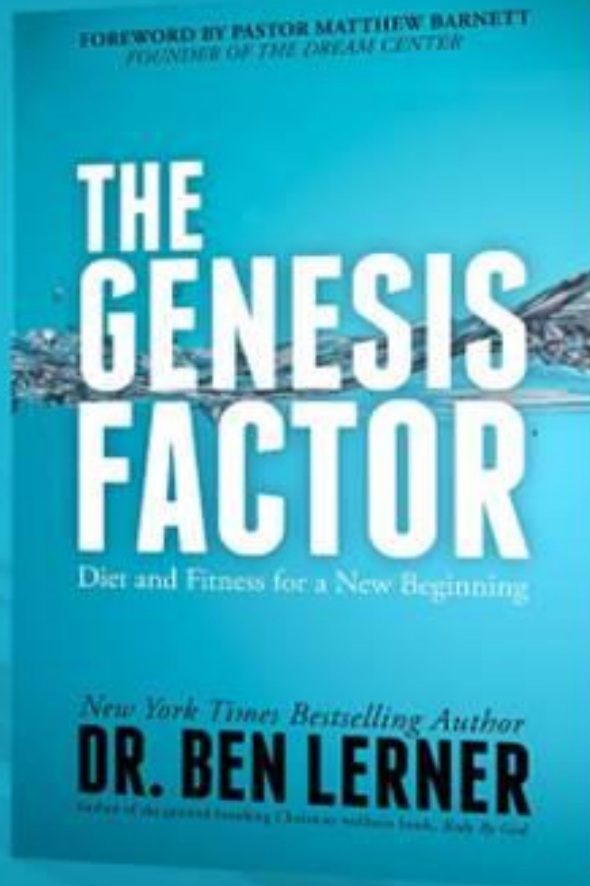




www.maximizedlivingfoundation.org



"No matter where you are with your health today, you can be made new by tapping into **The Genesis Factor.**

- Dr. Ben Lerner

RUN FOR HOPE

Take the Challenge

– Even if you're coming off the couch!

“If you want to become the best runner you can be, start now. Don't spend the rest of your life wondering if you can do it.” – Priscilla Welch (Quit smoking at 35, made the 1984 Olympics 4 years later, and won the 1987 NY Marathon)

“I'm not what I ought to be,. I'm not what I want to be,. But I'm better than I used to be. And I'm not what I'm going to be.” – Old country prayer

Scheduling a race - we call this “**A SMART MOVE.**” Having a race to get ready for is the most impactful way to make a long term commitment to exercise! So, set a race date!

Whether you're coming off the couch or already a runner, this program is specifically designed to help you attain an optimal level of fitness to successfully complete a 5K race in just 6 weeks, a 10K in 8 weeks, a Half-Marathon in 12 weeks, or a Marathon in just 16 weeks!

Don't be intimidated. Just start nice and easy and build up. In addition to making this easier to complete, we'll help you build up your training volume and intensity gradually over the course of several weeks, which is beneficial for maximum performance, injury prevention, and avoiding burning out.

Everything you need is laid out for you from nutrition to supplementation to fitness regimens and more. You will be surprised at just how much your body can accomplish in the period of just 6, 8, 12, or 16 weeks!

Remember: It is important to always consult with your physician before taking on this or any new nutrition/fitness regimen.

6-Weeks to 5k: The Fitness Plan

Week 1 – 5 k

Day 1: Monday	Max T3	<ul style="list-style-type: none"> • Warm-up: 10 minute walk/jog • 4 rounds of (1 min. rest between each set): 15 Tuck Jumps; 50 m run-sprint at 90-100% effort; 20 Push-ups; Rest and Repeat
Day 2: Tuesday	Walk 30 min	
Day 3: Wednesday	Walk quickly for 1 mile. Run for 2 minutes. Walk quickly for 5 minutes. Keep it up for 1.5 miles or 2.5 total.	
Day 4: Thursday	OFF (Or Max T3 Core or Upper Training)	
Day 5: Friday	Walk 2 miles	
Day 6: Saturday	Run for 2 minutes/walk quickly for 5 minutes for 1.5 miles	
Day 7: Sunday	OFF	

Week 2 – 5k

Day 8: Mon.	Max T3	<ul style="list-style-type: none"> • Warm-up: 10 minute walk/jog • 2 rounds of (1 min. rest between each set): 10 Burpees; 15 Push-ups; 25 Crunches; 10 Jump Squats; 100 m run-sprint 90-100% effort; Rest and Repeat
Day 9: Tues.	Walk 35 minutes	
Day 10: Wed.	Walk quickly for 1 mile. Run for 3 minutes. Walk quickly for 5 minutes. Keep it up for 2 miles - 3 total miles.	
Day 11: Thurs.	OFF (Or Max T3 Core or Upper Training)	
Day 12: Fri.	Run for 3 minutes/walk for 5 minutes for 3 miles	
Day 13: Sat.	Walk mile and then walk run for 1.5 miles (Run 30 seconds; walk 1 minute)	
Day 14: Sun.	OFF	

Week 3– 5 k

Day 15 – Mon.	MAX T3	<ul style="list-style-type: none"> • Warm-up: Jog ½ mile • 2 rounds of (2 min. rest between each set): 10 Squat Jumps; 15 Shin Slaps; 30 Mountain Climbers; 10 Burpees; Rest and Repeat • 3x100m Sprint-Run at 90-100% effort (Rest 60-90 sec. between each set); Rest 2 min. Repeat 3x100m
Day 16 – Tues.	Walk 3 miles	
Day 17 – Wed.	Walk quickly for 1 mile. Run for 10 minutes/Walk quickly for 5 minutes for 2 miles and a total of 3 total miles	
Day 18 – Thurs.	OFF (Or Max T3 Core or Upper Training)	
Day 19 – Fri.	CROSS TRAIN DAY: Walk 3 miles or bike/swim/elliptical/rollerblade for 20 minutes	
Day 20 – Sat.	Walk a mile and run 10 minutes/walk 5 minutes for 2 miles and a total of 4 miles	
Day 21 – Sun.	OFF	

Week 4– 5 k

Day 22 – Mon.	MAX T3	<ul style="list-style-type: none"> • Warm-up: Jog ½ mile • 2 rounds of (2 min. rest between each set): 10 Burpees; 25 Squat Jacks; 15 Diamond Push-ups; 20 Bodyweight Squats; Rest and Repeat • 4x100m Sprint-Run at 90-100% effort (Rest 60-90 sec. between every 2 rounds); Rest 2 min; Repeat.
Day 23 – Tues.		Walk 3.5 miles
Day 24 – Wed.		Walk quickly for 1 mile. Run for 10 minutes/Walk quickly for 5 minutes for 2.5 miles and a total of 3.5 total miles.
Day 25 – Thurs.		OFF (Or Max T3 Core or Upper Training)
Day 26 – Fri.		CROSS-TRAIN DAY: Walk 3.5 miles or bike/swim/elliptical/rollerblade for 30 minutes
Day 27 – Sat.		Walk 1 mile and run 10 min/walk 5 minutes for 2.5 miles and a total of 3.5 miles
Day 28 – Sun.		OFF

Week 5– 5 k

Day 29 – Mon.	MAX T3	<ul style="list-style-type: none"> • Warm-up: Jog 1 mile • 100 Squat Jumps (5 min. limit); Rest 2 minutes • 3x200m Sprint-Run (1-2 min. rest between each set): Rest and Repeat
Day 30 – Tues.		Walk 60 minutes
Day 31 – Wed.		Walk quickly for 1 mile. Run for 3 minutes/walk for 2 minutes, for 3 miles and a total of 4 miles
Day 32 – Thurs.		OFF (Or Max T3 Core or Upper Training)
Day 33 – Fri.		CROSS TRAIN DAY: 60 min or bike/swim/elliptical/rollerblade for 45minutes
Day 34 – Sat.		Run for 3 miles
Day 35 – Sun.		OFF

Week 6– 5 k

Day 36 – Mon.		Run for 3 miles
Day 37 – Tues.		Walk or CROSS TRAIN for 30 min (<i>Don't do anything that would make muscles very sore. Would be a great active recovery day—swimming or biking</i>)
Day 38 – Wed.		2 mile run
Day 39 – Thurs.		OFF (Or Max T3 Core or Upper Training)
Day 40 – Fri.		OFF
Day 41 – Sat.		RACE 5K!
Day 42 – Sun.		OFF

Week 1 – 10 k**Weeks to 10K—The Fitness Plan**

Day 1 – Mon.	Max T3 -	<ul style="list-style-type: none"> • Warm-up: 10 minute walk/jog • 4 rounds of (Rest 2 min. between each set): 15 Tuck Jumps; 50m Sprint-Run at 90-100% effort; 20 Push-ups; Rest and Repeat
Day 2 – Tue.	Walk 30 min	
Day 3 – Wed.	Walk for 1 mile. Run for 2 minutes. Walk for 5 minutes. Keep it up for 2 miles or 3 total miles.	
Day 4 – Thur.	OFF (Or Max T3 Core or Upper Training)	
Day 5 – Fri.	Walk 2 miles	
Day 6 – Sat.	Run for 2 minutes/walk quickly for 5 minutes for 3 miles	
Day 7 – Sun.	OFF	

Week 2– 10 k

Day 8 – Mon.	Max T3 -	<ul style="list-style-type: none"> • Warm-up: 10 minute walk/jog • 2 rounds of (Rest 2 min. between each set): 10 Burpees; 15 Push-ups; 25 Crunches; 10 Jump Squats; 100m Sprint-Run at 90-100% effort; Rest and Repeat
Day 9 – Tues.	Walk 3 miles	
Day 10 – Wed.	Walk quickly for 1 mile. Run for 3 minutes. Walk quickly for 5 minutes. Keep it up for 3 miles and 4 total miles.	
Day 11 – Thurs.	OFF (Or Max T3 Core or Upper Training)	
Day 12 – Fri.	Run for 3 minutes/walk quickly for 5 minutes for 3 miles	
Day 13 – Sat.	Walk 1 mile and walk run for 2.5 miles (Run 30 seconds, walk 1 minute). Total 3.5 miles	
Day 14 – Sun.	OFF	

Week 3– 10 k

Day 15 – Mon.	Max T3 -	<ul style="list-style-type: none"> • Warm-up: Jog ½ mile • 2 rounds of (2 min. rest between each set): 10 Squat Jumps; 15 Shin Slaps; 30 Mountain Climbers; 10 Burpees; Rest and Repeat • 3x100m Sprint-Runs at 90-100% effort (30 sec. rest between each set); Rest 2 minutes and Repeat 3x100m Run
Day 16 – Tues.	Walk 3.5 miles	
Day 17 – Wed.	Walk quickly for 1 mile. Run for 10 minutes/Walk quickly for 5 minutes for 3 miles and a total of 4 total miles	
Day 18 – Thurs.	OFF (Or Max T3 Core or Upper Training)	
Day 19 – Fri.	CROSS TRAIN DAY: Walk 3.5 miles or bike/swim/elliptical/rollerblade for 30 minutes	
Day 20 – Sat.	Walk 1 mile and run 10 min/walk 5 minutes for 3 miles and a total of 4 miles.	
Day 21 – Sun.	OFF	

Week 4– 10 k

Day 22 – Mon.	Max T3 -	<ul style="list-style-type: none"> • Warm-up: Jog ½ mile • 2 rounds of (2 min. rest between each set): 10 Burpees; 25 Squat Jacks; 15 Diamond Push-ups; 20 Bodyweight Squats; Rest and Repeat • 4x100m Sprint-Run at 90-100% effort (60-90 second rest between every 2 rounds): Rest 2 min. between each set
Day 23 – Tues.		Walk 3.5 miles
Day 24 – Wed.		Walk quickly for 1 mile. Run for 10 minutes; walk quickly for 5 minutes for 3 miles and a total of 4 total miles.
Day 25 – Thurs.		OFF (Or Max T3 Core or Upper Training)
Day 26 – Fri.		CROSS TRAIN DAY: Walk 3.5 miles or bike/swim/elliptical/rollerblade for 45minutes
Day 27 – Sat.		Run 4 miles (Run/walk if necessary)
Day 28 – Sun.		OFF

Week 5– 10 k

Day 29 – Mon.	Max T3 -	<ul style="list-style-type: none"> • Warm-up: Jog 1 mile • 100 Squat Jumps (5 min. limit); Rest 2 minutes • 3x200m Sprint-Run (1-2 min. rest between each set)
Day 30 – Tues.		Walk 4 miles
Day 31 – Wed.		Walk quickly for 1 mile. Run for 3 minutes/walk for 2 minutes for 3.5 miles and a total of 4.5 miles
Day 32 – Thurs.		OFF (Or Max T3 Core or Upper Training)
Day 33 – Fri.		CROSS TRAIN DAY: Walk 3.5 miles or bike/swim/elliptical/rollerblade for 45minutes
Day 34 – Sat.		Run for 4.5 miles
Day 35 – Sun.		OFF

Week 6– 10 k

Day 36 – Mon.	Max T3 -	<ul style="list-style-type: none"> • Warm-up: Jog 1 mile • 50 Tuck Jumps (4 min. limit) • 2x400m Sprint-Run (Rest 1 min. between each set);
Day 37 – Tues.		Walk 4 miles
Day 38 – Wed.		Run for 3 miles
Day 39 – Thurs.		OFF (Or Max T3 Core or Upper Training)
Day 40 – Fri.		CROSS TRAIN DAY: Walk 4 miles or bike/swim/elliptical/rollerblade for 60 minutes
Day 41 – Sat.		Run 5 miles
Day 42 – Sun.		OFF

Week 7– 10 k

Day 43 – Mon.	Max T3 -	<ul style="list-style-type: none">• Warm-up: Jog 1 miles• 100 squat jumps (5 min. limit)• 3X200m Sprint-Run (Rest 30 sec. between each set);• Rest 2 minutes• 3X200m Sprint-Run (Rest 60-90 sec. between each set)
Day 44 – Tues.		Walk 4 miles
Day 45 – Wed.		Run for 3 miles
Day 46 – Thurs.		OFF (Or Max T3 Core or Upper Training)
Day 47 – Fri.		CROSS TRAIN DAY: Walk 4 miles or bike/swim/elliptical/rollerblade for 60 minutes
Day 48– Sat.		Run 5.5 miles
Day 49 – Sun.		OFF

Week 8– 10 k

Day 50 – Mon.		Run 3 miles
Day 51 – Tues.		Walk or CROSS-TRAIN for 30 minutes
Day 52 – Wed.		Run for 2 miles
Day 53 – Thurs.		OFF (Or Max T3 Core or Upper Training)
Day 54 – Fri.		OFF
Day 55– Sat.		RACE 10K!
Day 56 – Sun.		OFF

12 Weeks to Half Marathon: The Fitness Plan

Week 1- Half

Day 1 – Mon.	Max T3 -	<ul style="list-style-type: none"> • Warm-up: 10 minute walk/jog • 4 rounds of (2 min. rest between each set): 15 Tuck Jumps; 50m Sprint-Run at 90-100% effort; 20 Push-ups; Rest and Repeat
Day 2 – Tue.	Walk 30 min	
Day 3 – Wed.	Walk quickly for 1 mile. Run for 2 minutes. Walk for 5 minutes. Keep it up for 2 miles or 3 total miles.	
Day 4 – Thur.	OFF (Or Max T3 Core or Upper Training)	
Day 5 – Fri.	Run for 2 minutes/walk quickly for 5 minutes for 3 miles	
Day 6 – Sat.	Walk 2 miles	
Day 7 – Sun.	OFF	

Week 2- Half

Day 8 – Mon.	Max T3 -	<ul style="list-style-type: none"> • Warm-up: 10 minute walk/jog • 2 rounds of (2 min. rest between each set): 10 Burpees; 15 Push-ups; 25 Crunches; 10 Jump Squats; 100 m Sprint-Run at 90-100% effort; Rest 2 min. and Repeat
Day 9 – Tues.	Walk 3 miles	
Day 10 – Wed.	Walk quickly for 1 mile. Run for 3 minutes. Walk quickly for 5 minutes. Keep it up for 3 miles or 4 total miles.	
Day 11 – Thurs.	OFF (Or Max T3 Core or Upper Training)	
Day 12 – Fri.	Run for 3 minutes/walk quickly for 5 minutes for 3 miles	
Day 13 – Sat.	Walk 1 mile and walk run for 2.5 miles (Run 30 seconds, walk 1 minute). Total 3.5 miles	
Day 14 – Sun.	OFF	

Week 3- Half

Day 15 – Mon.	Max T3 -	<ul style="list-style-type: none"> • Warm-up: Jog ½ mile • 2 rounds of (2 min. rest between each set): 10 Squat Jumps; 15 Shin Slaps; 30 Mountain Climbers; 10 Burpees; Rest 2 min. and Repeat • 3x100m Sprint-Run at 90-100% effort (60-90 sec. rest between each set); Rest 2 min.; Repeat 3x100m
Day 16 – Tues.	Walk 3.5 miles	
Day 17 – Wed.	Walk quickly for 1 mile. Run for 10 minutes/Walk quickly for 5 minutes for 3 miles and a total of 4 total miles	
Day 18 – Thurs.	OFF (Or Max T3 Core or Upper Training)	
Day 19 – Fri.	CROSS TRAIN DAY: Walk 3.5 miles or bike/swim/elliptical/rollerblade for 45minutes	
Day 20 – Sat.	Walk a mile and run 10 minutes; walk 5 minutes for 3 miles and a total of 4 miles.	
Day 21 – Sun.	OFF	

Week 4- Half

Day 22 – Mon.	Max T3 -	<ul style="list-style-type: none"> • Warm-up: Jog ½ mile • 2 rounds of (2 minutes rest between each set): 10 Burpees; 25 Squat Jacks; 15 Diamond Push-ups; 20 Bodyweight Squats; rest and repeat • 4 x 100 Sprint-Run at 90-100% effort (Rest 60-90 seconds between every 2 rounds); Rest 2 min. between rounds
Day 23 – Tues.		Walk 3.5 miles
Day 24 – Wed.		Walk quickly for 1 mile. Run for 10 minutes/Walk quickly for 5 minutes for 3 miles and a total of 4 total miles.
Day 25 – Thurs.		OFF (Or Max T3 Core or Upper Training)
Day 26 – Fri.		CROSS TRAIN DAY: Walk 3.5 miles or bike/swim/elliptical/rollerblade for 45minutes
Day 27 – Sat.		Run 4 miles (Run/walk if necessary)
Day 28 – Sun.		OFF

Week 5- Half

Day 29 – Mon.	Max T3 -	<ul style="list-style-type: none"> • Warm-up: Jog 1 mile • 100 Squat Jumps (5 minute limit); rest 2 minutes • 3x200m Sprint-Run (60-90 seconds rest between each set)
Day 30 – Tues.		Walk 4 miles
Day 31 – Wed.		Walk quickly for 1 mile. Run for 3 minutes/walk for 2 minutes for 3.5 miles and a total of 4.5 miles
Day 32 – Thurs.		OFF (Or Max T3 Core or Upper Training)
Day 33 – Fri.		CROSS TRAIN DAY: Walk for 4 miles or bike/swim/elliptical/rollerblade for 60 minutes
Day 34 – Sat.		Run for 4.5 miles
Day 35 – Sun.		OFF

Week 6- Half

Day 36 – Mon.	Max T3 -	<ul style="list-style-type: none"> • Warm-up: Jog 1 mile • 50 Tuck Jumps (4 minutes limit) • 2x400m Sprint-Run (Rest 1 minute between each set); Rest 2 minutes • 2x400m Sprint-Run (Rest 1-2 minutes between each set)
Day 37 – Tues.		Walk 4 miles
Day 38 – Wed.		Run 3 miles
Day 39 – Thurs.		OFF (Or Max T3 Core or Upper Training)
Day 40 – Fri.		Walk 4 miles or CROSS TRAIN for 60 minutes
Day 41 – Sat.		Run 5 miles
Day 42 – Sun.		OFF (Or Max T3 Core or Upper Training)

Week 7- Half

Day 43 – Mon.	Max T3 -	<ul style="list-style-type: none"> • Warm-up: Jog 1 mile • 100 squat jumps (5 min. limit) • 3X200m Sprint-Run (Rest 30 sec. between each set); Rest 2 min.; • 3X200m Sprint-Run (Rest 60-90 sec. between each set)
Day 44 – Tues.		Walk 4 miles
Day 45 – Wed.		Run 4 miles
Day 46 – Thurs.		OFF (Or Max T3 Core or Upper Training)
Day 47 – Fri.		CROSS TRAIN DAY: Walk 4 miles or bike/swim/elliptical/rollerblade for 60 minutes
Day 48– Sat.		Run 6 miles
Day 49 – Sun.		OFF

Week 8- Half

Day 50 – Mon.	Max T3	<ul style="list-style-type: none"> • Warm-up: Jog 1 mile • 200 Bodyweight Squats (5 minute limit) • 3X200 Sprint-Run (Rest 1 minute between each set); rest 2 minutes; • 3x200 Sprint-Run (Rest 60-90 second between each set)
Day 51 – Tues.		Walk 4.5 miles
Day 52 – Wed.		Run 4 miles
Day 53 – Thurs.		OFF (Or Max T3 Core or Upper Training)
Day 54 – Fri.		Walk 4 miles or CROSS TRAIN for 60 minutes
Day 55– Sat.		Run 7 miles
Day 56 – Sun.		OFF

Week 9- Half

Day 57 – Mon.	Max T3	<ul style="list-style-type: none"> • Warm-up: Jog 1 mile • 3 rounds of (2 minutes rest between each set) 15 Burpees; 20 Push-ups, 30 Crunches, 20 Jump Squats; rest 2 minutes and repeat
Day 58 – Tues.		Walk 4.5 miles
Day 59 – Wed.		Run 4 miles
Day 60 – Thurs.		OFF (Or Max T3 Core or Upper Training)
Day 61 – Fri.		CROSS TRAIN DAY: Walk 4 miles or bike/swim/elliptical/roller-blade for 60 minutes
Day 62– Sat.		Run 8 miles
Day 63 – Sun.		OFF

Week 10- Half

Day 64 – Mon.	Max T3	<ul style="list-style-type: none"> • Warm-up: Jog 1 mile • 3 rounds of (2 minutes rest between each set) 15 Burpees; 20 Push-ups, 30 Crunches, 20 Jump Squats; Rest 2 minute and repeat
Day 65 – Tues.	Walk 5 miles	
Day 66 – Wed.	Run 4 miles	
Day 67 – Thurs.	OFF (Or Max T3 Core or Upper Training)	
Day 68 – Fri.	CROSS TRAIN DAY: Walk 4 miles or bike/swim/elliptical/roller-blade for 60 minutes	
Day 69 – Sat.	Run 9 miles	
Day 70 – Sun.	OFF	

Week 11- Half

Day 71 – Mon.	Max T3	<ul style="list-style-type: none"> • Warm-up: Jog 1 mile • 50 Burpees (5 minute time limit) • Sprint-Run Ladder (Rest 1-2 minutes between each run)—2x50; Rest 1 min; 2x100; Rest 1 min; 2x200; Rest 1 minute; 2x400
Day 72 – Tues.	Walk 5 miles	
Day 73 – Wed.	Run 4 miles	
Day 74 – Thurs.	OFF (Or Max T3 Core or Upper Training)	
Day 75 – Fri.	CROSS TRAIN DAY: Walk 4 miles or bike/swim/elliptical/roller-blade for 60 minutes	
Day 76 – Sat.	Run 10 miles	
Day 77 – Sun.	OFF (Or Max T3 Core or Upper Training)	

Week 12- Half

Day 78 – Mon.	OFF	
Day 79 – Tues.	Run 4 miles	
Day 80 – Wed.	Walk for 30 min. or CROSS TRAIN for 30 min.	
Day 81 – Thurs.	Run 2 miles	
Day 82 – Fri.	OFF (Or Max T3 Core or Upper Training)	
Day 83 – Sat.	OFF	
Day 84 – Sun.	Race Half-Marathon!	

16 Weeks to Marathon—The Fitness Plan

This plan is 16 weeks depending on comfort level. Many marathon programs end with 18 miles for the longest run. This is a distance you will achieve by week 14 with two weeks of taper before the marathon, which will allow you to finish the race. If you're more comfortable with achieving a distance of 20 miles before the event, then you will have to start a week or 2 earlier.

16 weeks seems like a long time, but it's really pretty fast to get in shape for a marathon. The surest way to not finish is to get hurt. So make sure to listen to your body and go easy or rest when you need it.

Week 1 - Marathon

Day 1 – Mon.	Max T3 -	<ul style="list-style-type: none"> • Warm-up: 10 minutes walk/jog • 4 rounds of (2 minutes rest between each set): 15 Tuck Jumps; 50m Sprint-Run at 90-100% effort; 20 Push-ups; rest 2 minutes and repeat
Day 2 – Tue.	Walk 30 min.	
Day 3 – Wed.	OFF (Or Max T3 Core or Upper Training)	
Day 4 – Thur.	Run or run/walk 2 miles EXAMPLE RUN/WALK: 3min/2min, repeat	
Day 5 – Fri.	CROSS TRAIN DAY: Walk 3 miles or bike/swim/elliptical/ roller-blade for 30 minute	
Day 6 – Sat.	Run, jog or run/walk 3 miles	
Day 7 – Sun.	OFF	

Week 2 - Marathon

Day 8 – Mon.	Max T3 -	<ul style="list-style-type: none"> • Warm-up: 10 minutes walk/jog • 2 rounds of (Rest 2 minutes between each set): 10 Burpees; 15 Push-ups; 25 Crunches; 10 Jump Squats; 100m Sprint-Run at 90-100% effort; rest 2 minutes and Repeat
Day 9 – Tues.	Walk 3 miles	
Day 10 – Wed.	OFF (Or Max T3 Core or Upper Training)	
Run, jog or run/walk 2 miles	Run or run/walk 2 miles	
Day 12 – Fri.	CROSS TRAIN DAY: Walk 3 miles or bike/swim/elliptical/ roller-blade for 30 minute	
Day 13 – Sat.	Run or run/walk 3 miles	
Day 14 – Sun.	OFF	

Week 3 - Marathon

Day 15 – Mon.	Max T3 -	<ul style="list-style-type: none"> • Warm-up: Jog ½ mile • 2 rounds of (2 min. rest between each set): 10 Squat Jumps; 15 Shin Slaps; 30 Mountain Climbers; 10 Burpees; rest and repeat • 3x100m Sprint-Run at 90-100% effort (60-90 seconds rest between each set); Rest 2 min.; Repeat 3x100m Run
Day 16 – Tues.	Walk 3 miles	
Day 17 – Wed.	OFF (Or Max T3 Core or Upper Training)	
Day 18 – Thurs.	Run or run/walk 3 mile EXAMPLE Run/Walk target: 3min/1min	
Day 19 – Fri.	CROSS TRAIN DAY: Walk 3 miles or bike/swim/elliptical/roller-blade for 30 minute	
Day 20 – Sat.	Run or run/walk 4 miles	
Day 21 – Sun.	OFF	

Week 4 - Marathon

Day 22 – Mon.	Max T3 -	<ul style="list-style-type: none"> • Warm-up: Jog ½ mile • 2 rounds of (2 minutes rest between each set): 10 Burpees; 25 Squat Jacks; 15 Diamond Push-ups; 20 Bodyweight Squats; rest 2 minutes and repeat • 4x100m Sprint-Run at 90-100% effort (Rest 60-90 seconds between every 2 rounds)
Day 23 – Tues.	Run easy or run/walk at 4min/1min for 4 miles	
Day 24 – Wed.	OFF (Or Max T3 Core or Upper Training)	
Day 25 – Thurs.	Run or run/walk 3 miles	
Day 26 – Fri.	CROSS TRAIN DAY: Walk 4 miles or bike/swim/elliptical/roller-blade for 45 minute	
Day 27 – Sat.	Run or run/walk 5 miles	
Day 28 – Sun.	OFF	

Week 5 - Marathon

Day 29 – Mon.	Max T3	<ul style="list-style-type: none"> • Warm-up: Jog 1 mile • 100 Squat Jumps (5 minute limit); rest 2 minutes 3x200m -Sprint-Run (rest 60-90 seconds between sets)
Day 30 – Tues.	Run easy or run/walk at 4min/1min for 4 miles	
Day 31 – Wed.	OFF (Or Max T3 Core or Upper Training)	
Day 32 – Thurs.	Run or run/walk 4.5 miles	
Day 33 – Fri.	CROSS TRAIN DAY: Walk 4 miles or bike/swim/elliptical/roller-blade for 45 minute	
Day 34 – Sat.	Run or run/walk 6 miles	
Day 35 – Sun.	OFF (Or Max T3 Core or Upper Training)	

Week 6 - Marathon

Day 36 – Mon.	Max T3 -	<ul style="list-style-type: none"> • Warm-up: Jog 1 mile • 50 Tuck Jumps (4 minute limit) • 2x400m Sprint-Run (Rest 1-2 minutes between each set); Rest 2 minutes.; • 2x400m Sprint-Run (Rest 1-2 minuts between each round)
Day 37 – Tues.		Run easy or run/walk at 5min/1min for 4 miles
Day 38 – Wed.		OFF (Or Max T3 Core or Upper Training)
Day 39 – Thurs.		Run or run/walk for 5 miles
Day 40 – Fri.		CROSS TRAIN DAY: bike/swim/elliptical/roller-blade for 60 minutes
Day 41 – Sat.		Run or run/walk 7 miles
Day 42 – Sun.		OFF

Week 7 - Marathon

Day 43 – Mon.	Max T3	<ul style="list-style-type: none"> • Warm-up: Jog 1 mile • 100 squat jumps (5 minute limit) • 3X200m Sprint-Run (Rest 60-90 seconds between each set); Rest 2 minutes; • 3X200m Sprint-Run (Rest 60-90 seconds between each round)
Day 44 – Tues.		Run easy 4 miles
Day 45 – Wed.		OFF (Or Max T3 Core or Upper Training)
Day 46 – Thurs.		Run 5 miles
Day 47 – Fri.		CROSS TRAIN DAY: bike/swim/elliptical/roller-blade for 60 minutes
Day 48– Sat.		Run 8 miles
Day 49 – Sun.		OFF

Week 8 - Marathon

Day 50 – Mon.	Max T3	<ul style="list-style-type: none"> • Warm-up: Jog 1 mile • 200 Bodyweight Squats (5 min. limit) • 3X200 Sprint-Run (Rest 1 minute between each set); Rest 2 minutes; • 3x200 Sprint-Run (Rest 60-90 seconds between each round)
Day 51 – Tues.		Run easy 4 miles
Day 52 – Wed.		OFF (Or Max T3 Core or Upper Training)
Day 53 – Thurs.		Run 5.5 miles
Day 54 – Fri.		CROSS TRAIN DAY: bike/swim/elliptical/roller-blade for 60 minutes
Day 55– Sat.		Run 9 miles
Day 56 – Sun.		OFF

Week 9 - Marathon

Day 57 – Mon.	Max T3	<ul style="list-style-type: none"> • Warm-up: Jog 1 mile • 3 rounds of (2 min. rest between each set) 15 Burpees; 20 Push-ups, 30 Crunches, 20 Jump Squats; Rest 2 min. and Repeat
Day 58 – Tues.		Run easy 4 miles
Day 59 – Wed.		OFF (Or Max T3 Core or Upper Training)
Day 60 – Thurs.		Run 5.5 miles
Day 61 – Fri.		CROSS TRAIN DAY: bike/swim/elliptical/roller-blade for 60 minutes
Day 62– Sat.		Run 11 miles
Day 63 – Sun.		OFF

Week 10 - Marathon

Day 64 – Mon.	Max T3	<ol style="list-style-type: none"> 1. Warm-up—jog 1 mile 2. 3 rounds of (2 min. rest between each set) 15 Burpees; 20 Push-ups, 30 Crunches, 20 Jump Squats; Rest 2 min and Repeat
Day 65 – Tues.		Run easy 4 miles
Day 66 – Wed.		OFF (Or Max T3 Core or Upper Training)
Day 67 – Thurs.		Run 6 miles
Day 68 – Fri.		CROSS TRAIN DAY: bike/swim/elliptical/roller-blade for 60 minutes
Day 69 – Sat.		Run 12 miles
Day 70 – Sun.		OFF

Week 11 - Marathon

Day 71 – Mon.	Max T3	<ol style="list-style-type: none"> 3. Warm Up: Jog 1 mile 4. 50 Burpees (5 min. time limit) 5. Sprint-Run Ladder (1-2 min. rest between each set) – 2x50; Rest 1 min; 2x100; Rest 1 min; 2x200; Rest 1 min; 2x400
Day 72 – Tues.		Run easy 4 miles
Day 73 – Wed.		OFF (Or Max T3 Core or Upper Training)
Day 74 – Thurs.		Run 6 miles
Day 75 – Fri.		CROSS TRAIN DAY: bike/swim/elliptical/roller-blade for 60 minutes
Day 76 – Sat.		Run 13.1 half marathon race for practice or a workout
Day 77 – Sun.		OFF

Week 12 - Marathon

Day 78 – Mon.	Max T3	<ul style="list-style-type: none"> • Warm Up: 10-20 min walk/jog • 200 Bodyweight Squats (5 min. limit) • 3x200m Sprint-Run (60-90 sec. rest between each set): 2 min Recovery. • 3x200m Sprint-Run (60-90 sec. rest between each set); 2 min. Recovery
Day 79 – Tues.		Run easy 4 miles
Day 80 – Wed.		OFF (Or Max T3 Core or Upper Training)
Day 81 – Thurs.		Run 6 miles
Day 82 – Fri.		CROSS TRAIN DAY: bike/swim/elliptical/roller-blade for 60 minutes
Day 83– Sat.		Run 15 miles
Day 84 – Sun.		OFF

Week 13 - Marathon

Day 85 – Mon.	Max T3	<ul style="list-style-type: none"> • Warm Up: Jog 1 mile • 2 rounds of (2 min. rest between each set): 20 Burpees (4 min. limit); 15 Walking Lunges per leg; 15 Split Crunches per leg
Day 86 – Tues.		Run easy 4 miles
Day 87 – Wed.		OFF (Or Max T3 Core or Upper Training)
Day 88 – Thurs.		Run 6 miles
Day 89 – Fri.		CROSS TRAIN DAY: bike/swim/elliptical/roller-blade for 60 minutes
Day 90– Sat.		Run 16 miles
Day 91 – Sun.		OFF

Week 14 - Marathon

Day 92– Mon.	Max T3	<ul style="list-style-type: none"> • Warm Up: Jog ½ mile • 2 rounds of (2 min. rest between each set): 20 Burpees; 20 Push-ups; 50m Sprint; 30 Crunches, 20 Jump Squats; 50m Sprint - Rest 2 min.; and Repeat
Day 93 – Tues.		Run easy 4 miles
Day 94 – Wed.		OFF (Or Max T3 Core or Upper Training)
Day 95– Thurs.		Run 6 miles
Day 96 – Fri.		CROSS TRAIN DAY: bike/swim/elliptical/roller-blade for 60 minutes
Day 97– Sat.		Run 18 miles
Day 98 – Sun.		OFF

Week 15 - Marathon		
Day 99 – Mon.		• Run an easy 4 miles
Day 100– Tues.		OFF (Or Max T3 Core or Upper Training)
Day 101 – Wed.		Run 3 miles
Day 102– Thurs.		OFF
Day 103 – Fri.		CROSS TRAIN DAY: bike/swim/elliptical/ roller-blade for 60 minutes
Day 104– Sat.		Run 8 miles
Day 105 – Sun.		OFF
Week 16 - Marathon		
Day 106 – Mon.		Run 5 miles
Day 107 – Tues.		OFF
Day 108 – Wed.		Run 3 miles
Day 109– Thurs.		Walk 2 miles
Day 110 – Fri.		OFF
Day 111– Sat.		MARATHON RACE DAY!!!!
Day 112 – Sun.		OFF

FINISH YOUR RACE!



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