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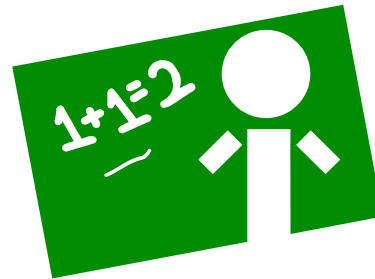
Two Theories on “what is the best weekly mileage” for a half or full marathon?

Coach Bill Hill’s Formula:

The theory is: take your weekly mileage, divide that by 7(day)s and multiply by 3 to give you the number of miles you will be able to race before you hit the wall.

Weekly mileage divided by 7 = “x”. 3 times “x” = miles you can run without hitting the wall.
i.e. 25 mpw divided by 7 = 3.57 x 3 = 10.71 miles before the “wall”!

| Weekly Mileage | Total Distance before the wall |
|----------------|--------------------------------|
| 25/week | 10.71 miles |
| 30/week | 12.80 miles |
| 35/week | 15.00 miles |
| 40/week | 17.10 miles |
| 45/week | 19.28 miles |
| 50/week | 21.40 miles |
| 55/week | 23.50 miles |
| 60/week | 25.70 miles |



Coach Gina’s Formula:

Multiply your destination distance by 20 and then divide that by 8.

The theory is: Run 65.5 miles/week for 8 weeks before your taper, then you are properly prepared to run the full marathon without hitting the wall.

The same for the half marathon. Run 32.75 miles/week for 8 weeks before your taper, and you will be prepared well to run the full half marathon.

(You can also take the average number of miles over the 8 week period as long as it equals out to 65.5 mpw for the full and 32.75 for the half. So some weeks would be over or under 65.5 miles and over or under 32.75 miles.)

i.e. Half Marathon, $13.1 \times 20 = 262$ divided by 8 = 32.75 miles/week for 8 weeks.

i.e. Marathon, $26.2 \times 20 = 524$ divided by 8 = 65.5 miles/week for 8 weeks.



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