

Our client is a 28- year old female who has had moderate experience with resistance training, and little experience with endurance exercise. She works 5 days a week at a desk job, where she spends the majority of her time sitting for 8-9 hours a day. Her short-term goal is to complete a half marathon in 3 and a-half months and complete a full marathon within 6 months.

Clients Basic Information	
Age	28
Gender	Female
Weight	60 kg
Height	5'7 inches

Primary Fitness Test Results	
VO2 Max	37 ml/kg/min
Body Mass Index (BMI)	20.7
SO5SF	85
Blood Pressure (BP)	120/85
Resting Heart Rate (RHR)	80
Grip Strength	55 kg
Push Ups	13
Sit & Reach	36
Partial Curl Ups	18
Vertical Jump	27
Leg Power	2400 watts
Back Extension	120 seconds

In order to achieve her goals of completing a marathon, the subject’s program design was divided into 3 cycles: macro-cycle, meso-cycle and micro-cycles.

Macro-cycle				
Blocks	Introductory	Accumulation 1	Active Recovery	Accumulation 2
Weeks	1 to 5	6 to 15	16	17 to 26
Season	In season	In season	In season	In season
Frequency of Training	4 days a week	4 days a week	2 days a week	4 days a week
Notes		Pre half-marathon	Rest Period	Pre full marathon

Meso- Cycle (Weeks)							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk & Resistance	Rest	Walk	Walk & Resistance	Rest	Walk	Rest
2	Run/Walk & Resistance	Rest	Run/Walk	Run/Walk & Resistance	Rest	Run/Walk	Rest
3	Run/Walk & Resistance	Rest	Run/Walk	Run/Walk & Resistance	Rest	Run/Walk	Rest
4	Run/Walk & Resistance	Rest	Run/Walk	Run/Walk & Resistance	Rest	Run/Walk	Rest
5	Run/Walk & Resistance	Rest	Run/Walk	Run/Walk & Resistance	Rest	Run/Walk	Rest
6	Run/Walk & Resistance	Rest	Run/Walk	Run/Walk & Resistance	Rest	Run/Walk	Rest
7	Run & Resistance	Rest	Run	Run & Resistance	Rest	Run	Rest
8	Run & Resistance	Rest	Run	Run & Resistance	Rest	Run	Rest
9	Run & Resistance	Rest	Run	Run & Resistance	Rest	Run	Rest
10	Run & Resistance	Rest	Run	Run & Resistance	Rest	Run	Rest
11	Run & Resistance	Rest	Run	Run & Resistance	Rest	Run	Rest
12	Run & Resistance	Rest	Run	Run & Resistance	Rest	Run	Rest
13	Run & Resistance	Rest	Run	Run & Resistance	Rest	Run	Rest
14	Taper	Rest	Taper	Taper	Rest	Taper	Rest
15	Taper	Rest	Taper	Taper	Rest	Taper	1/2 Maratho
16	Active Recovery	Rest	Active Recovery	Active Recovery	Rest	Active Recovery	Rest
17	Run & Resistance	Rest	Run	Run & Resistance	Rest	Run	Rest
18	Run & Resistance	Rest	Run	Run & Resistance	Rest	Run	Rest
19	Run & Resistance	Rest	Run	Run & Resistance	Rest	Run	Rest
20	Run & Resistance	Rest	Run	Run & Resistance	Rest	Run	Rest
21	Run & Resistance	Rest	Run	Run & Resistance	Rest	Run	Rest
22	Run & Resistance	Rest	Run	Run & Resistance	Rest	Run	Rest
23	Run & Resistance	Rest	Run	Run & Resistance	Rest	Run	Rest
24	Run & Resistance	Rest	Run	Run & Resistance	Rest	Run	Rest
25	Taper	Rest	Taper	Taper	Rest	Taper	Rest
26	Taper	Rest	Taper	Taper	Rest	Marathon	

Cardiovascular Micro-cycle:

Walking	Progression		
Date	Time	HRR	Block
Day 1	20 mins	55 to 60%	Introductory
Day 3	20 mins	55 to 60%	Introductory
Day 4	20 mins	55 to 60%	Introductory
Day 6	20 mins	55 to 60%	Introductory
Day 115	30 mins	55 to 60%	Active Recovery
Day 117	30 mins	55 to 60%	Active Recovery
Day 119	30 mins	55 to 60%	Active Recovery
Day 179	2 miles	55 to 60%	Taper

Run/Walk	Progression		
Date	Time	HRR	Block
Day 8	20 mins	65%	Accumulation 1
Day 10	20 mins	65%	Accumulation 1
Day 11	20 mins	65%	Accumulation 1
Day 13	20 mins	65%	Accumulation 1
Day 15	25 mins	70%	Accumulation 1
Day 17	25 mins	70%	Accumulation 1
Day 18	25 mins	70%	Accumulation 1
Day 20	25 mins	70%	Accumulation 1
Day 22	30 mins	70%	Accumulation 1
Day 24	30 mins	70%	Accumulation 1
Day 25	30 mins	70%	Accumulation 1
Day 27	30 mins	70%	Accumulation 1
Day 29	35 mins	70%	Accumulation 1
Day 31	35 mins	70%	Accumulation 1
Day 32	35 mins	70%	Accumulation 1
Day 34	35 mins	70%	Accumulation 1
Day 36	35 mins	70%	Accumulation 1
Day 38	35 mins	70%	Accumulation 1
Day 39	35 mins	70%	Accumulation 1
Day 41	35 mins	70%	Accumulation 1

Run	Progression		
Date:	Time or Miles	HRR	Type of Program
Day 43	20 mins	75%-85%	Accumulation 1
Day 45	20 mins	75%-85%	Accumulation 1
Day 46	20 mins	75%-85%	Accumulation 1
Day 48	20 mins	75%-85%	Accumulation 1
Day 50	25 mins	75%-85%	Accumulation 1
Day 52	25 mins	75%-85%	Accumulation 1
Day 53	25 mins	75%-85%	Accumulation 1
Day 55	30 mins	75%-85%	Accumulation 1
Day 57	25 mins	75%-85%	Accumulation 1
Day 59	30 mins	75%-85%	Accumulation 1
Day 60	25 mins	75%-85%	Accumulation 1
Day 62	40 mins	75%-85%	Accumulation 1
Day 64	3 miles	75%-85%	Accumulation 1
Day 66	4 miles	75%-85%	Accumulation 1
Day 67	3 miles	75%-85%	Accumulation 1
Day 69	5 miles	75%-85%	Accumulation 1
Day 71	3 miles	75%-85%	Accumulation 1
Day 73	4 miles	75%-85%	Accumulation 1
Day 74	3 miles	75%-85%	Accumulation 1
Day 76	6 miles	75%-85%	Accumulation 1
Day 78	3 miles	75%-85%	Accumulation 1
Day 80	4 miles	75%-85%	Accumulation 1
Day 81	3 miles	75%-85%	Accumulation 1
Day 83	7 miles	75%-85%	Accumulation 1
Day 85	3 miles	75%-85%	Accumulation 1
Day 87	5 miles	75%-85%	Accumulation 1
Day 88	3 miles	75%-85%	Accumulation 1
Day 90	9 miles	75%-85%	Accumulation 1
Day 92	4 miles	75%-85%	Accumulation 1
Day 94	5 miles	75%-85%	Accumulation 1
Day 95	4 miles	75%-85%	Accumulation 1
Day 97	11 miles	65%	Accumulation 1
Day 99	3 miles	60-70%	Taper
Day 101	5 miles	60-70%	Taper
Day 102	4 miles	60-70%	Taper
Day 104	6 miles	60-70%	Taper
Day 106	5 miles	60-70%	Taper
Day 108	4 miles	60-70%	Taper

Day 109	6 miles	60-70%	Taper
Day 112	13 miles	65%	Half Marathon
Day 120	4 miles	70-75%	Accumulation 2
Day 122	6 miles	70-75%	Accumulation 2
Day 123	4 miles	70-75%	Accumulation 2
Day 125	12 miles	65%	Accumulation 2
Day 127	4 miles	70-75%	Accumulation 2
Day 129	6 miles	70-75%	Accumulation 2
Day 130	4 miles	70-75%	Accumulation 2
Day 132	14 miles	65%	Accumulation 2
Day 134	4 miles	70-75%	Accumulation 2
Day 136	7 miles	70-75%	Accumulation 2
Day 137	4 miles	70-75%	Accumulation 2
Day 139	16 miles	65%	Accumulation 2
Day 141	5 miles	70-75%	Accumulation 2
Day 143	8 miles	70-75%	Accumulation 2
Day 144	5 miles	70-75%	Accumulation 2
Day 146	16 miles	65%	Accumulation 2
Day 148	5 miles	70-75%	Accumulation 2
Day 150	8 miles	70-75%	Accumulation 2
Day 151	5 miles	70-75%	Accumulation 2
Day 153	17 miles	65%	Accumulation 2
Day 155	5 miles	70-75%	Accumulation 2
Day 157	8 miles	70-75%	Accumulation 2
Day 158	5 miles	70-75%	Accumulation 2
Day 160	19 miles	65%	Accumulation 2
Day 162	5 miles	70-75%	Accumulation 2
Day 164	8 miles	70-75%	Accumulation 2
Day 165	5 miles	70-75%	Accumulation 2
Day 167	23 miles	65%	Accumulation 2
Day 169	5 miles	60-70%	Taper
Day 171	8 miles	60-70%	Taper
Day 172	5 miles	60-70%	Taper
Day 174	9 miles	60-70%	Taper
Day 176	3 miles	60-70%	Taper
Day 178	3 miles	60-70%	Taper
Day 181	26.2 miles	65%	Marathon

Resistance Micro-cycle:

Resistance	Micro-cycle
Days	Program
Day 1	Resistance 1
Day 4	Resistance 2
Day 8	Resistance 1
Day 11	Resistance 2
Day 15	Resistance 1
Day 19	Resistance 2
Day 23	Resistance 1
Day 27	Resistance 2
Day 31	Resistance 1
Day 35	Resistance 2
Day 39	Resistance 1
Day 43	Resistance 2
Day 47	Resistance 1
Day 51	Resistance 2
Day 55	Resistance 1
Day 59	Resistance 2
Day 63	Resistance 1
Day 67	Resistance 2
Day 71	Resistance 1
Day 75	Resistance 2
Day 79	Resistance 1
Day 83	Resistance 2
Day 87	Resistance 1
Day 91	Resistance 2
Day 95	Resistance 1
Day 99	Rest
Day 103	Rest
Day 107	Rest
Day 111	Rest
Day 115	Rest
Day 119	Rest
Day 123	Resistance 2
Day 127	Resistance 1
Day 131	Resistance 2
Day 135	Resistance 1
Day 139	Resistance 2

Day 143	Resistance 1
Day 147	Resistance 2
Day 151	Resistance 1
Day 155	Resistance 2
Day 159	Resistance 1
Day 163	Resistance 2
Day 167	Rest
Day 171	Rest
Day 175	Rest
Day 179	Rest

Resistance	Training 1				
Exercise	Reps	Sets	Rest	Tempo	% of 1 RM
Squat	12 to 15	1 to 2	20-30 seconds	Fast	50-75% of 1RM
Leg curls	12 to 15	1 to 2	20-30 seconds	Fast	50-75% of 1RM
Swissball crunches	30-45 secs	1 to 2	20-30 seconds	Fast	N/A
Lateral Pull down	12 to 15	1 to 2	20-30 seconds	Fast	50-75% of 1RM
Hip Extensions	12 to 15	1 to 2	20-30 seconds	Fast	N/A

Resistance	Training 2			
Exercise	Reps	Sets	Rest	Tempo
Alternate lunges	12 to 15	1 to 2	20-30 seconds	Fast
Calf raises	12 to 15	1 to 2	20-30 seconds	Fast
Abdominal plank	30-45 secs	1 to 2	20-30 seconds	Fast
Push up	12 to 15	1 to 2	20-30 seconds	Fast
Side lunges	20 per leg	1 to 2	20-30 seconds	Fast

Warm-Up

5-10 mins walking at brisk pace

Dynamic Stretching:

- Side bends
- Running high knees
- Running butt kicks
- Walking lunges
- Ankle flips

Cool-Down

Walk 5 mins

Static Stretching: Hold 30-60 seconds each

- Standing quad stretch
- Standing hamstring stretch
- Adductor stretch
- Standing ITB stretch
- Kneeling hip flexor stretch
- Standing shin stretch
- Standing calf stretch
- Lying glute stretch