Ride A Marathon (26.2 Miles) Training Program

* The "ride a marathon" training program is suitable for any ElliptiGO rider who routinely rides 2 to 3 days a week and can comfortably complete a 6 mile ride.
* The "Mode" of each daily workout is explained in more detail in the green section below.
* Several marathons offer "bike ride" options that start the day before or a few hours before the marathon. If you can't find an event at a desirable time/in a desirable location, you can also use the first 10 weeks of this program to train for and complete a 20 mile ride.
* If you are new to ElliptiGO and/or endurance training, we also recommend consulting a physician as you would before beginning any new exercise regimen.

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MODE	Rest 1	Hill Workout	Cross-Training	Tempo Ride	Rest 2	Long Ride	Rest 3
INTENSITY		Challenging	Easy	Challenging		Moderate - Challenging	Easy
WEEK 1	Rest	30 mins	30-60 mins	30 mins Goal Pace + 2 mph	Rest	6 miles Goal Pace - 1 mph	Rest
WEEK 2	Rest	30 mins	30-60 mins	30 mins Goal Pace + 2 mph	Rest	6 miles Goal Pace	Rest
WEEK 3	Rest	30 mins	30-60 mins	30 mins Goal Pace + 2 mph	Rest	9 miles Goal Pace - 1 mph	Rest
WEEK 4	Rest	35 mins	30-60 mins	35 mins Goal Pace + 2 mph	Rest	9 miles Goal Pace	Rest
WEEK 5	Rest	35 mins	30-60 mins	35 mins Goal Pace + 2 mph	Rest	12 miles Goal Pace - 1 mph	Rest
WEEK 6	Rest	35 mins	30-60 mins	35 mins Goal Pace + 2 mph	Rest	12 miles Goal Pace	Rest
WEEK 7	Rest	40 mins	30-60 mins	40 mins Goal Pace + 2 mph	Rest	15 miles Goal Pace - 1 mph	Rest
WEEK 8	Rest	40 mins	30-60 mins	40 mins Goal Pace + 2 mph	Rest	15 miles Goal Pace	Rest
WEEK 9	Rest	40 mins	30-60 mins	40 mins Goal Pace + 2 mph	Rest	18 miles Goal Pace - 1 mph	Rest

WEEK 10	Rest	45 mins	30-60 mins	45 mins Goal Pace + 2 mph	Rest	18 miles Goal Pace	Rest
WEEK 11	Rest	45 mins	30-60 mins	45 mins Goal Pace + 2 mph	Rest	21 miles Goal Pace - 1 mph	Rest
WEEK 12	Rest	45 mins	30-60 mins	45 mins Goal Pace + 2 mph	Rest	21 miles Goal Pace	Rest
WEEK 13	Rest	45 mins	30-60 mins	45 mins Goal Pace + 2 mph	Rest	24 miles Goal Pace - 1mph	Rest
WEEK 14	Rest	30 mins	30-60 mins	30 mins Goal Pace	Rest	**Ride a Marathon Day!**	

Goal Pace = Your goal pace (in mph) for your "marathon" ride. If you are not sure what a reasonable goal pace should be, complete a 6 mile ride over mixed terrain at a "moderate to high" level of exertion (about 70-80% of your maximum effort) with a bike computer. Your avg speed (including any stops) over that ride is a reasonable goal pace for your "marathon" ride.

Hill Workout = Download your event course terrain and elevation profile. If you are completing a hilly course, try to identify a local hill/incline you can train on that has a comparable percent grade, but isn't as long as the climb during your event. If your course will largely be flat, we still encourage you to identify an incline you can use to train on to build leg strength and stamina. The Hill Workout is based on time rather than distance. You don't need to be climbing for the entire duration but, if possible, try to have climbing and descending comprise at least 50%-70% of the workout time.

Cross-Training = We recommend one day of Cross-Training per week. Find another type of physical activity you enjoy that will build flexibility and strength of muscles that are not usually engaged by ElliptiGO workouts. A weekly yoga/pilates class; a gym-based weight-training program; a light swim workout or even some light hiking/walking could fufill your cross-training needs. Even though you could ride your ElliptiGO every day without risk of injury we find that weekly cross-training workouts keep your body in balance and add variety to your weekly exercise regimen.

Tempo Ride = Much like the "tempo run" used in most running programs, the tempo ride is designed to develop speed over shorter distances (and times) than your peak event. The tempo rides should feel challenging and "fast" because you will be going faster than your goal pace for your actual event. For these rides, you should stick largely (if not exclusively) to flat terrain.

Long Ride = The weekly Long Ride is designed to build endurance and stamina. On alternating weeks you will be doing these long rides at a pace that is slower than your goal pace, with "goal pace" long rides mixed in to increase intensity after you've already completed a long ride of an equal distance. Unlike running, you have a much shorter taper period of only one week because the low-impact nature of the ElliptiGO workout does not require a comparable amount of time for the body to heal.

Rest = Although in theory you could ride ElliptiGO 7 days a week, we think it's more realistic to plan for two to three complete rest days per week. While ElliptiGO will not take a physical toll on your joints or other parts of your body, you are training as an endurance athlete and should take at least one day off a week from cardio-activity to let your body fully recover for the next week of training. You may choose to substitute Rest Day "2" and "3" with either a short and easy ride or another day of cross-training.

Questions about this training program or about how you should adapt it for your own training needs?
Send Team ElliptiGO an email: training@elliptigo.com