

# 4 KEYS TO MARATHON PACE LONG RUNS

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- Builds neuromuscular coordination at goal pace
- Improves your body's fuel use at goal marathon pace
- Allows you to practice the mental strain of the race
- Teaches you mentally and physically to maintain pace/effort when tired

- Use a course that closely mimics the elevation profile of the race course
- Unless you're running a trail marathon, it's best to do these runs on the road to practice the pounding

**WHY**  
**WHERE** **WHEN**  
**HOW**

- Introduce these early in your training program and progress the distance of your long run and the marathon pace portion throughout the program
- No more than 1 every 3-4 weeks

- Don't race these; stay steady at marathon goal pace
- In order to practice running hard while tired, marathon pace miles must be the final miles (can add an easy warm-down mile)
- Don't "taper" for these, but they can take the place of a speed workout

## SAMPLE PROGRESSION



### 16 WEEKS OUT

12 miles w/ 4 at goal pace

### 12 WEEKS OUT

14 miles w/ 7 at goal pace

### 8 WEEKS OUT

16 miles w/ 10 at goal pace

### 4 WEEKS OUT

20 miles w/ 10 at goal pace

or

18 miles w/ 14 at goal pace

- Don't taper for this run to give yourself a true test of your fitness and race-readiness
- Gives you great feedback as you head into the final weeks of training, and is a big confidence boost
- Works as a reasonable predictor workout assuming you've been doing the regular long runs and other marathon-appropriate speed work