



CNO
FINANCIAL GROUP
**INDIANAPOLIS
MONUMENTAL
MARATHON**



TRAINING PLANS

*Provided by Personal Best Training (PBT)
and Coach Matt Ebersole*



HOW TO USE THESE TRAINING PLANS

Training plans for the CNO Financial Indianapolis Monumental Marathon are provided by Coach Matt Ebersole and Personal Best Training (PBT).

Below is a list of the plans provided, which may be found at the end of this document.

- » The “**Finisher**” plan is designed for a runner currently comfortable with 4-6 miles, a long run of 8 miles, and 4 days of running per week. The primary goal is to finish a marathon happily and healthfully. This plan averages 31 miles a week and builds up to a peak of 41.
- » The “**Pacer**” plan is designed for a runner currently comfortable with 5-7 miles, a long run of 10 miles, and 5 days of running per week. Pacers’ primary concern is to achieve a goal time. This plan averages 38 miles a week and builds up to a peak of 47.
- » The “**Racer**” plan is designed for a runner currently comfortable with 6-8 miles, a long run of 12 miles, and 6 days of running per week. Racers are concerned with time and place and are looking to be challenged. This plan averages 48 miles a week and builds up to a peak of 58.

If these plans appear to be beyond your ability or lack sufficient challenge, contact Matt Ebersole at pbttau@hotmail.com.

COACH MATT EBERSOLE AND PERSONAL BEST TRAINING



Since founding Personal Best Training in 1991, Matt has worked with more than 7,000 athletes. They have ranged from beginners to national class and have included 1,000’s of first time marathoners, 100’s of Boston Marathon qualifiers, 9 Olympic Trials qualifiers, and 3 CNO Financial Indianapolis Monumental Marathon winners.

Through working with a range from charity to elite development programs, Coach Ebersole has learned to connect with runners of all abilities, goals, and life situations. If you want to have more fun, pursue a greater challenge, or become more competitive, Matt can help you succeed.

Matt currently works with his Private Coaching group, the Personal Best Running Club, and consults, writes, and speaks with groups of all sizes. Additionally, he serves as the Elite Athlete and Pace Team Coordinator for the CNO Financial Indianapolis Monumental Marathon.



**REAL LIVES. REAL TRAINING.
REAL RESULTS.**

FOR MORE TRAINING HELP, VISIT
PERSONALBESTTRAINING.COM



ADDITIONAL TRAINING AND COACHING OPTIONS PROVIDED BY PERSONAL BEST TRAINING



Photo credit: Matt Ebersole

Enjoy these free “Finisher, Pacer, & Racer” plans courtesy of the **CNO Financial Indianapolis Monumental Marathon**.

Do you like these plans but prefer to have one **customized** for you? By completing a thorough Runner Profile questionnaire, Matt will adjust your plan to fit your current fitness level, goals, race schedule, and time commitment for \$80.

Do you have more questions and wish to **consult** Coach Matt Ebersole about your training? This is available by appointment for \$80 an hour by phone or in person in the Indianapolis area.

Looking for the most individualized and personal coaching option? **Private coaching** packages start at just \$300 for 3 months.

More options can be found at PersonalBestTraining.com under “**The Programs of PBT**” tab. Coach Matt Ebersole can be contacted at pbtou@hotmail.com.



Photo credit: Matt Ebersole

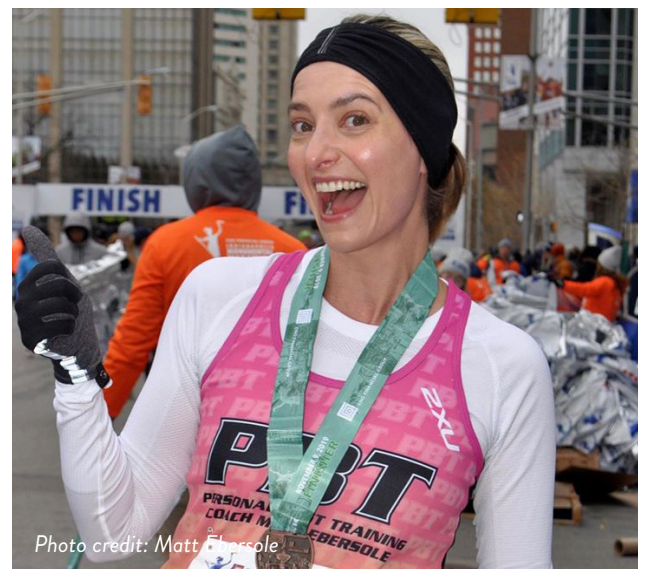


Photo credit: Matt Ebersole



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FINISHER
PBT TRAINING PLAN

“Daily Mileage” (the number of miles you run on that day) is listed in the chart. The week number refers the weeks to go until the CNO Financial Indianapolis Monumental Marathon.

W#	MON	TUE	WED	THR	FRI	SAT	SUN	M/W
14	4	6	0	5	0	10	0	25
13	4	6	0	5	0	12	0	27
12	4	6	0	5	0	8	0	23
11	5	7	3	5	0	14	0	34
10	5	7	3	5	0	10	0	30
9	5	7	3	5	0	16	0	36
8	5	7	3	5	0	10	0	30
7	6	7	3	5	0	18	0	39
6	5	6	0	4	0	*13*	0	28
5	5	6	0	4	0	20	0	35
4	5	6	3	4	0	10	0	28
3	6	6	3	5	0	20	0	40
2	5	6	3	5	0	8	0	27
1	4	5	0	4	0	26	0	39

ITEMS TO NOTE

- » W# is the number of weeks until race day.
- » **Mondays, Wednesdays, Fridays & Sundays** are easy recovery runs or days off.
- » **Tuesdays** are the highest quality day of the week.
- » **Thursdays** are moderate effort runs.
- » **Saturdays** are long runs.
- » **M/W** is the total mileage for the week.
- » **Week 6** includes the [Indy Half at Fort Ben](http://indyhalfmarathon.com) (see ***asteriks***). Register at indyhalfmarathon.com.



Photo credit: Droneye Imaging



PACER PBT TRAINING PLAN

“Daily Mileage” (the number of miles you run on that day) is listed in the chart. The week number refers the weeks to go until the CNO Financial Indianapolis Monumental Marathon.

W#	MON	TUE	WED	THR	FRI	SAT	SUN	M/W
14	5	7	4	6	0	12	0	34
13	5	7	4	6	0	14	0	36
12	5	7	4	6	0	10	0	32
11	6	8	5	6	0	16	0	41
10	6	8	5	6	0	10	0	35
9	6	8	5	6	0	18	0	43
8	6	8	5	6	0	12	0	37
7	8	8	5	6	0	20	0	47
6	6	7	0	6	0	*13*	0	32
5	6	6	4	6	0	20	0	42
4	8	7	5	6	0	14	0	40
3	8	8	5	6	0	20	0	47
2	6	7	4	6	0	10	0	33
1	5	6	0	5	0	26	0	42

ITEMS TO NOTE

- » W# is the number of weeks until race day.
- » **Mondays, Wednesdays, Fridays & Sundays** are easy recovery runs or days off.
- » **Tuesdays** are the highest quality day of the week.
- » **Thursdays** are moderate effort runs.
- » **Saturdays** are long runs.
- » **M/W** is the total mileage for the week.
- » **Week 6** includes the [Indy Half at Fort Ben](http://indyhalfmarathon.com) (see ***asteriks***). Register at indyhalfmarathon.com.



Photo credit: Droneye Imaging



RACER

PBT TRAINING PLAN

“Daily Mileage” (the number of miles you run on that day) is listed in the chart. The week number refers the weeks to go until the CNO Financial Indianapolis Monumental Marathon.

W#	MON	TUE	WED	THR	FRI	SAT	SUN	M/W
14	6	8	5	6	4	14	0	43
13	6	8	5	6	4	16	0	45
12	6	8	5	6	4	12	0	41
11	8	10	6	8	4	18	0	54
10	8	10	6	8	4	12	0	48
9	8	10	6	8	4	18	0	54
8	8	10	6	8	4	12	0	48
7	10	10	6	8	4	20	0	58
6	8	8	4	6	0	*13*	0	39
5	6	8	5	6	4	20	0	49
4	10	8	6	8	4	16	0	52
3	10	10	6	8	4	22	0	60
2	8	8	5	8	0	12	0	41
1	6	8	4	6	0	26	0	50

ITEMS TO NOTE

- » W# is the number of weeks until race day.
- » **Mondays, Wednesdays, Fridays & Sundays** are easy recovery runs or days off.
- » **Tuesdays** are the highest quality day of the week.
- » **Thursdays** are moderate effort runs.
- » **Saturdays** are long runs.
- » **M/W** is the total mileage for the week.
- » **Week 6** includes the [Indy Half at Fort Ben](http://indyhalfmarathon.com) (see ***asteriks***). Register at indyhalfmarathon.com.



Photo credit: Droneye Imaging



QUALITY SESSIONS PBT TRAINING PLAN

WEEK 14 / 75-80% STEADY RATE RUN

WU 1-3M/Run 3-6M at 75-80% (This should be close to marathon goal pace for most people)/CD 1-2M

WEEK 13 / HALVES OR MILES

WU 2-3M/Run 4-8 x 800m (or half miles) at 85% with 200m recovery jog/CD 1-3M (Option is 3-4 x 1 mile w/400m rec. jog)

WEEK 12 / 75-80% STEADY STATE RUN

WU 1-3M/Run 3-6M at 75-80% (This should be close to marathon goal pace for most people)/CD 1-2M

SAMPLE WORKOUT

WEEK 11 / GEARS

WU 1-3M/Run 2-3M at 75-80% (Marathon Pace), 1-2M at 85% (Half Marathon Pace), 1M at 85-90% (10K Pace)/CD 1-2M

- » WU 1-3M = “warm up 1 to 3 miles” – easy running before the workout
- » 2-3M at 85% – run 2 to 3 miles at 85% of your maximum heart rate. Not sure what your maximum heart rate is? [Here's how to find it.](#)
- » CD 1-2M – “cool down 1 to 2 miles” – easy running after the workout

WEEK 10 / LONG STEADY STATE RUN

WU 1-3M/Run 4-8M at 75-85%/CD 1-2M

WEEK 9 / HALVES

WU 2-3M/Run 6-10 x 800m (or half miles) at 85% with 200m recovery jog/CD 1-3M

WEEK 8 / LONG REPEATS

WU 2-3M/Run 1 x 1600m at 90% (400m recovery jog), 1 x 2M at 85-90% (800m RJ), 1 x 1M at 90% (Optional)/CD 1-3M

WEEK 7 / MILE REPEATS

WU 2-3M/Run 3-5 x 1M at 90% with 400m recovery jog/CD 1-3M

WEEK 6 / BLIND GOAL PACE

WU, Run 2-3M at Half Marathon Goal Pace without checking a watch and see how close you can feel GP for this Saturday/CD 1-2M

WEEK 5 / EASY - MODERATE RECOVERY RUN

Make sure you are fully recovered from the Indianapolis Half Marathon by taking it easy this week. We will be back to work soon.

WEEK 4 / SHORT STEADY STATE RUN W/ DESSERT

WU 2-3M/Run 3-5M at 85%, 3-5:00 recovery jog followed by 4 x 1:00 hard/1:00 easy/CD 1-3M

WEEK 3 / HALVES

WU 2-3M/Run 6-10 x 800m (or half miles) at 85% with 200m recovery jog/CD 1-3M

WEEK 2 / SHORT STEADY STATE RUN

WU 2-3M/Run 3-5M at 85%/CD 1-3M

WEEK 1 / RACE WEEK PROGRESSION RUN

WU 1-2M/Run 3 miles gradually increasing effort to where you are running strong but not working too hard/CD 1-2M