

SMT BUILD-UPS

7-WEEK TRAINING PLAN

The Simple Marathon Training system (SMT) is the right training system for busy adults with hectic lives. If you are a busy adult, then you need to learn the system and use it to help you run your best marathon.

The SMT system is a 20-week training cycle, longer than most training programs you will find for free on the internet. You need twenty weeks to properly prepare for the marathon. And to start the SMT system you need to be doing the following at the start of the 20-week cycle.

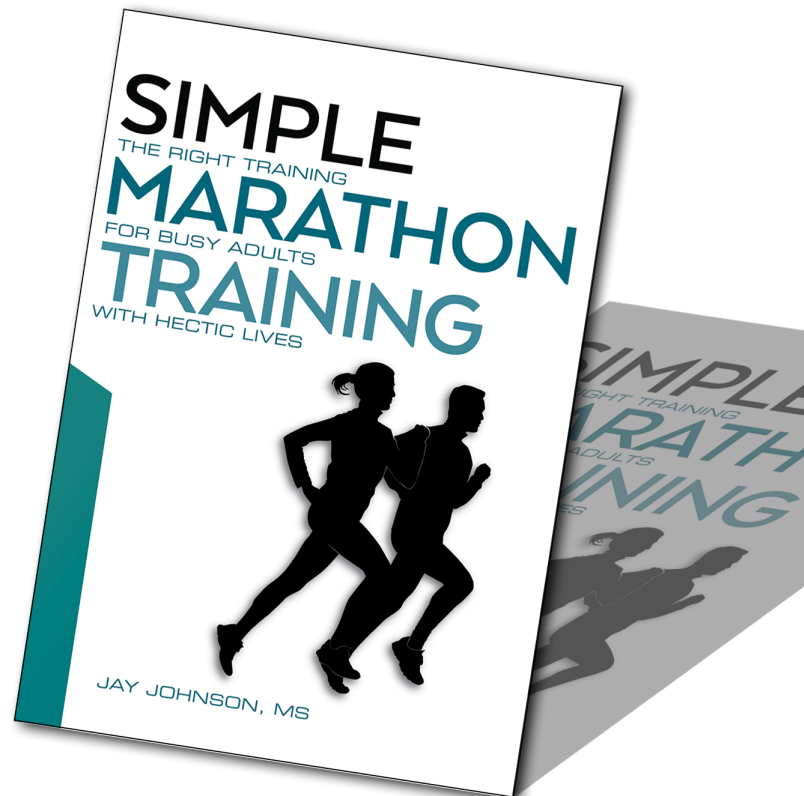
You need to:

- Be running five days a week.
- Be able to run 9 miles.
- Be able to run 50 minutes in your second longest run of the week.

If you're not training at this level right now, no problem. Just follow this build-up program to be ready for the SMT 20-week training cycle. This PDF will get you ready in 7 weeks so that you can start the SMT 20-week training cycle and run your best marathon.

If you look at the training, you will no doubt wonder what LMLS and SAM Easy are.

LMLS stands for Lunge Matrix and Leg swings. SAM stands for Strength and Mobility, specifically core strength, hip strength and hip mobility. I have videos that show all of the exercises in these routines on my website. Visit CoachJayJohnson.com and find the post "SMT Build Ups."



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7-WEEK TRAINING PLAN

WEEK 1

Notes: LM: Three Lunges per leg, per exercise

M LMLS. 25 min. SAM Easy.
T LMLS. 30-35 min. SAM Easy.
W Brisk 45 min walk.
Th Off.
F LMLS. 25 min. SAM Easy.
S LMLS. 4 miles. SAM Easy.
Su Brisk 45 min walk.

WEEK 2

M LMLS. 30 min. SAM Easy.
T LMLS. 40 min. SAM Easy.
W Brisk 45 min walk.
Th Off.
F LMLS. 30 min. SAM Easy.
S LMLS. 5 miles. SAM Easy.
Su Brisk 45 min walk.

WEEK 3

Notes: LM: Four Lunges per leg, per exercise

M LMLS. 35-40 min. SAM Easy.
T LMLS. 40-45 min. SAM Easy.
W Brisk 45 min walk.
Th Off.
F LMLS. 35 min. SAM Easy.
S LMLS. 6 miles. SAM Easy.
Su Brisk 55-65 min walk.

WEEK 4

M LMLS. 40 min. SAM Easy.
T LMLS. 45 min. SAM Easy.
W Brisk 50 min walk.
Th Off.
F LMLS. 35 min. SAM Easy.
S LMLS. 6-7 miles. SAM Easy.
Su Brisk 55-65 min walk.

WEEK 5

Notes: LM: Five Lunges per leg, per exercise

M LMLS. 45 min. SAM Easy.
T LMLS. 50 min. SAM Easy.
W Brisk 50 min walk.
Th Off.
F LMLS. 40 min. SAM Easy.
S LMLS. 7 miles. SAM Easy.
Su Brisk 60-75 min walk.

WEEK 6

M LMLS. 45 min. SAM Easy.
T LMLS. 50-55 min. SAM Easy.
W Brisk 55 min walk.
Th Off.
F LMLS. 40-45 min. SAM Easy.
S LMLS. 8 miles. SAM Easy.
Su Brisk 60-75 min walk.

WEEK 7

M LMLS. 45 min. SAM Easy.
T LMLS. 55 min. SAM Easy.
W Brisk 55 min walk.
Th Off.
F LMLS. 45 min. SAM Easy.
S LMLS. 9 miles. SAM Easy.
Su Brisk 60-75 min walk.

WEEK 8

M Start the SMT system via the book or via Semi-Personal Coaching

