



**MARATHON**

# PARAGON SPORTS RUN CLUB

TRAINING PROGRAM NYC

## **19 WEEK GROUP TRAINING PLAN**

This plan is perfect for those looking to cross the finish line for the first time as well as those seasoned runners striving for a new PR. Over the course of the next 19 weeks, we will help you build strength, endurance, speed and confidence. Train with the Run Club and team of pacers through workouts, bridge runs, and long course previews. Training for a race is always more fun in a group and we have a great group of runners to cheer you on!

### **TUESDAY RUNS**

Tuesday night runs have become very popular around the city. Our workouts consist of a warm-up run from Paragon to the Westside, training session along the Hudson River Park, followed by a cool down run back to Paragon, and ending with some light stretching and recap. Open to all abilities, we have 5 pace groups during our speed work, so we have all your speeds covered. Drop in and check out what Team Paragon is all about.

### **TRACK RUNS & BRIDGE REPEATS**

Track Runs take place every Monday and meet at East River Track, 1234 E 6th St, New York, NY.  
Bridge Repeats meet at Paragon and take place on the Williamsburg Bridge, and Long Runs meet at Central Park.

Sign up for our newsletter for all updates and Run Club news [HERE](#)

Can't wait to see you out there,

Coach Brian



# **THE PROGRAM**



**KICK OFF**

**M**

Track

**T**

**PARAGON SPORTS  
RUN CLUB**  
NYC

1 Mile  
Warm-Up  
5-7 Mile  
Workout  
1 Mile  
Cool-Down

**W**

3-4 Miles Easy  
OR  
Strength Day:  
Core Class,  
Cycling,  
Boot Camp,  
Weight Training

**TH**

**PARAGON SPORTS  
RUN CLUB**  
NYC

Hill (Bridge)  
Repeats  
800 Meter  
Endurance  
Building

**F**

Rest/Recovery

**SA**

**PARAGON SPORTS  
RUN CLUB**  
NYC

Long Run:  
8-10 Miles

**SU**

Yoga/Rest  
Recovery

PARAGON SPORTS: MARATHON 19 WEEK TRAINING PROGRAM

WEEK 1

M

Track

T

PARAGON SPORTS  
RUN CLUB  
NYC

1 Mile  
Warm-Up  
5-7 Mile  
Workout  
1 Mile  
Cool-Down

W

3-4 Miles Easy  
OR  
Strength Day:  
Core Class,  
Cycling,  
Boot Camp,  
Weight Training

TH

PARAGON SPORTS  
RUN CLUB  
NYC

Hills (Bridge)  
Repeats  
800 Meter  
Endurance  
Building

F

Rest/Recovery

SA

PARAGON SPORTS  
RUN CLUB  
NYC

Long Run:  
10 Miles

SU

Yoga/Rest  
Recovery

WEEK 2

M

Track

T

PARAGON SPORTS  
RUN CLUB  
NYC

1 Mile  
Warm-Up  
5-7 Mile  
Workout  
1 Mile  
Cool-Down

W

3-4 Miles Easy  
OR  
Strength Day:  
Core Class,  
Cycling,  
Boot Camp,  
Weight Training

TH

PARAGON SPORTS  
RUN CLUB  
NYC

Hill (Bridge)  
Repeats  
Full Bridge  
Over And Back

F

Rest/Recovery

SA

PARAGON SPORTS  
RUN CLUB  
NYC

Long Run:  
11 Miles

SU

Yoga/Rest  
Recovery



**M T W TH F SA SU**

**WEEK 3**

<p>Track</p>	<p><b>PARAGON SPORTS RUN CLUB</b> NYC</p> <p>1 Mile Warm-Up 5-7 Mile Workout 1 Mile Cool-Down</p>	<p>3-4 Miles Easy OR Strength Day: Core Class, Cycling, Boot Camp, Weight Training</p>	<p><b>PARAGON SPORTS RUN CLUB</b> NYC</p> <p>Hill (Bridge) Repeats</p>	<p>Rest/Recovery</p>	<p><b>PARAGON SPORTS RUN CLUB</b> NYC</p> <p>Long Run: 9 Miles</p>	<p>Yoga/Rest Recovery</p>
--------------	---	--	--	----------------------	--	-------------------------------

PARAGON SPORTS: MARATHON: 19 WEEK TRAINING PROGRAM

WEEK 4

M

Track

T

PARAGON SPORTS  
RUN CLUB  
NYC

1 Mile  
Warm-Up  
5-7 Mile  
Workout  
1 Mile  
Cool-Down

W

4-5 Miles Easy  
OR  
Strength Day:  
Core Class,  
Cycling,  
Boot Camp,  
Weight Training

TH

PARAGON SPORTS  
RUN CLUB  
NYC

Hill (Bridge)  
Repeats

F

Rest/Recovery

SA

PARAGON SPORTS  
RUN CLUB  
NYC

Long Run:  
12 Miles

SU

Yoga/Rest  
Recovery

M

Track

T

PARAGON SPORTS  
RUN CLUB  
NYC

1 Mile  
Warm-Up  
5-7 Mile  
Workout  
1 Mile  
Cool-Down

W

4-5 Miles Easy  
OR  
Strength Day:  
Core Class,  
Cycling,  
Boot Camp,  
Weight Training

TH

PARAGON SPORTS  
RUN CLUB  
NYC

Hill (Bridge)  
Repeats

F

Rest/Recovery

SA

PARAGON SPORTS  
RUN CLUB  
NYC

Long Run:  
10 Miles

SU

Yoga/Rest  
Recovery

WEEK 5

**WEEK 6**



**M**

**T**

**W**

**TH**

**F**

**SA**

**SU**

Track

**PARAGON SPORTS  
RUN CLUB**  
NYC

1 Mile  
Warm-Up  
5-7 Mile  
Workout  
1 Mile  
Cool-Down

4-5 Miles Easy  
OR  
Strength Day:  
Core Class,  
Cycling,  
Boot Camp,  
Weight Training

**PARAGON SPORTS  
RUN CLUB**  
NYC

Hill (Bridge)  
Repeats

Rest/Recovery

**PARAGON SPORTS  
RUN CLUB**  
NYC

Long Run:  
11 Miles

Yoga/Rest  
Recovery



PARAGON SPORTS: MARATHON 19 WEEK TRAINING PROGRAM

WEEK 7

M

Track

T

**PARAGON SPORTS  
RUN CLUB**  
NYC  
1 Mile  
Warm-Up  
5 -7 Mile  
Workout  
1 Mile  
Cool-Down

W

4-5 Miles Easy  
OR  
Strength Day:  
Core Class,  
Cycling,  
Boot Camp,  
Weight Training

TH

**PARAGON SPORTS  
RUN CLUB**  
NYC  
Hill (Bridge)  
Repeats

F

Rest/Recovery

SA

**PARAGON SPORTS  
RUN CLUB**  
NYC  
Long Run:  
13 Miles

SU

Yoga/Rest  
Recovery

TOTAL MILEAGE: 29 MILES

WEEK 8

M

Track

T

**PARAGON SPORTS  
RUN CLUB**  
NYC  
1 Mile  
Warm-Up  
5 -7 Mile  
Workout  
1 Mile  
Cool-Down

W

4-5 Miles Easy  
OR  
Strength Day:  
Core Class,  
Cycling,  
Boot Camp,  
Weight Training

TH

**PARAGON SPORTS  
RUN CLUB**  
NYC  
Hill (Bridge)  
Repeats

F

Rest/Recovery

SA

**PARAGON SPORTS  
RUN CLUB**  
NYC  
Long Run:  
14 Miles

SU

Yoga/Rest  
Recovery



**M**

**T**

**W**

**TH**

**F**

**SA**

**SU**

Track

**PARAGON SPORTS  
RUN CLUB**  
NYC

1 Mile  
Warm-Up  
5-7 Mile  
Workout  
1 Mile  
Cool-Down

4-5 Miles Easy  
OR  
Strength Day:  
Core Class,  
Cycling,  
Boot Camp,  
Weight Training

**PARAGON SPORTS  
RUN CLUB**  
NYC

Hill (Bridge)  
Repeats

Rest/Recovery

Long Run:  
15 Miles

Yoga/Rest  
Recovery

**WEEK 9**

PARAGON SPORTS: MARATHON 19 WEEK TRAINING PROGRAM

WEEK 10

M

Track

T

**PARAGON SPORTS  
RUN CLUB**  
NYC  
1 Mile  
Warm-Up  
6-8 Mile  
Workout  
1 Mile  
Cool-Down

W

4-5 Miles Easy  
OR  
Strength Day:  
Core Class,  
Cycling,  
Boot Camp,  
Weight Training

TH

**PARAGON SPORTS  
RUN CLUB**  
NYC  
Hill (Bridge)  
Repeats

F

Rest/Recovery

SA

**PARAGON SPORTS  
RUN CLUB**  
NYC  
Long Run:  
16 Miles

SU

Yoga/Rest  
Recovery

M

Track

T

**PARAGON SPORTS  
RUN CLUB**  
NYC  
1 Mile  
Warm-Up  
6-8 Mile  
Workout  
1 Mile  
Cool-Down

W

4-5 Miles Easy  
OR  
Strength Day:  
Core Class,  
Cycling,  
Boot Camp,  
Weight Training

TH

**PARAGON SPORTS  
RUN CLUB**  
NYC  
Hill (Bridge)  
Repeats  
400 Meter  
High Intensity  
Speed Work

F

Rest/Recovery

SA

**PARAGON SPORTS  
RUN CLUB**  
NYC  
Long Run:  
18 Miles

SU

Yoga/Rest  
Recovery

WEEK 11



**M**

**T**

**W**

**TH**

**F**

**SA**

**SU**

**WEEK 12**

Track

**PARAGON SPORTS  
RUN CLUB**  
NYC  
1 Mile  
Warm-Up  
6-8 Mile  
Workout  
1 Mile  
Cool-Down

4-5 Miles Easy  
OR  
Strength Day:  
Core Class,  
Cycling,  
Boot Camp,  
Weight Training

**PARAGON SPORTS  
RUN CLUB**  
NYC  
Hill (Bridge)  
Repeats  
400 Meter  
High Intensity  
Speed Work

Rest/Recovery

Long Run:  
20 Miles

Yoga/Rest  
Recovery

PARAGON SPORTS: MARATHON 19 WEEK TRAINING PROGRAM

WEEK 13

M

Track

T

**PARAGON SPORTS  
RUN CLUB**  
NYC  
1 Mile  
Warm-Up  
6-8 Mile  
Workout  
1 Mile  
Cool-Down

W

4-5 Miles Easy  
OR  
Strength Day:  
Core Class,  
Cycling,  
Boot Camp,  
Weight Training

TH

**PARAGON SPORTS  
RUN CLUB**  
NYC  
Hill (Bridge)  
Repeats  
400 Meter  
High Intensity  
Speed Work

F

Rest/Recovery

SA

**PARAGON SPORTS  
RUN CLUB**  
NYC  
Long Run:  
15 Miles

SU

Yoga/Rest  
Recovery

WEEK 14

M

Track

T

**PARAGON SPORTS  
RUN CLUB**  
NYC  
1 Mile  
Warm-Up  
5-7 Mile  
Workout  
1 Mile  
Cool-Down

W

4-5 Miles Easy  
OR  
Strength Day:  
Core Class,  
Cycling,  
Boot Camp,  
Weight Training

TH

**PARAGON SPORTS  
RUN CLUB**  
NYC  
Hill (Bridge)  
Repeats

F

Rest/Recovery

SA

**PARAGON SPORTS  
RUN CLUB**  
NYC  
Long Run:  
20 Miles

SU

Long Run:  
15 - 17 Miles

WEEK 15

M

Track

T

PARAGON SPORTS  
RUN CLUB  
1 Mile Warm-Up  
5-7 Mile Workout  
1 Mile Cool-Down

W

4-5 Miles Easy  
OR  
Strength Day:  
Core Class,  
Cycling,  
Boot Camp,  
Weight Training

TH

PARAGON SPORTS  
RUN CLUB  
Hill (Bridge)  
Repeats

F

Rest/Recovery

SA

PARAGON SPORTS  
RUN CLUB  
3 Miles Easy

SU

Long Run:  
15-17 Miles

WEEK 16

M

Track

T

PARAGON SPORTS  
RUN CLUB  
1 Mile Warm-Up  
5-7 Mile Workout  
1 Mile Cool-Down

W

3 Miles Easy

TH

PARAGON SPORTS  
RUN CLUB  
4 Miles Easy

F

Rest/Recovery

SA

PARAGON SPORTS  
RUN CLUB  
3 Miles Easy

SU

Long Run:  
13 Miles

PARAGON SPORTS: MARATHON 19 WEEK TRAINING PROGRAM

WEEK 17

M

Track

T

**PARAGON SPORTS  
RUN CLUB**  
NYC  
1 Mile  
Warm-Up  
5-7 Mile  
Workout  
1 Mile  
Cool-Down

W

Rest/Recovery

TH

**PARAGON SPORTS  
RUN CLUB**  
NYC  
4 Miles Easy

F

Rest/Recovery

SA

**PARAGON SPORTS  
RUN CLUB**  
NYC  
3 Miles Easy

SU

Long Run:  
10 Miles

WEEK 18

M

4 Miles Easy

T

**PARAGON SPORTS  
RUN CLUB**  
NYC  
4 Miles Easy

W

3 Miles Easy

TH

**PARAGON SPORTS  
RUN CLUB**  
NYC  
Rest/Recovery

F

Rest/Recovery

SA

**PARAGON SPORTS  
RUN CLUB**  
NYC  
3 Mile  
Shakeout

SU

RACE DAY!

TOTAL MILEAGE: 23 MILES