

Hammer & Chisel Marathon Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	RUN	ISO SPEED HAMMER	RUN	ISO STRENGTH CHISEL	CHISEL ENDURANCE	DAY OFF	LONG RUN
2	RUN	MAX HAMMER STRENGTH <i>or optional:</i> HAMMER BUILD UP*	RUN	POWER CHISEL <i>and 10 MIN AB CHISEL</i>	HAMMER PLYOMETRICS <i>or optional:</i> THE MASTER'S CARDIO**	DAY OFF	LONG RUN
3	RUN	CHISEL AGILITY <i>or optional:</i> THE MASTER'S CARDIO**	RUN	HAMMER PLYOMETRICS <i>or optional:</i> THE MASTER'S CARDIO**	TOTAL BODY CHISEL <i>and 10 MIN AB CHISEL</i>	DAY OFF	LONG RUN
4	RUN	MAX HAMMER STRENGTH	RUN	CHISEL AGILITY <i>or optional:</i> THE MASTER'S CARDIO**	ISO SPEED HAMMER <i>or optional:</i> HAMMER BUILD UP* <i>and optional:</i> 15 MIN LEG HAMMER*	DAY OFF	LONG RUN
5	RUN	HAMMER POWER <i>and</i> 10 MIN AB HAMMER	RUN	CHISEL ENDURANCE <i>or optional:</i> POWER CHISEL*	ISO SPEED HAMMER <i>and optional:</i> 15 MIN LEG HAMMER*	DAY OFF	LONG RUN
6	RUN	HAMMER CONDITIONING <i>and</i> 10 MIN AB HAMMER	RUN	CHISEL BALANCE <i>and</i> 10 MIN AB CHISEL	HAMMER POWER	DAY OFF	LONG RUN
7	RUN	ISO SPEED HAMMER <i>and optional:</i> 15 MIN LEG HAMMER*	RUN	CHISEL CARDIO <i>and optional:</i> 15 MIN GLUTE CHISEL*	HAMMER CONDITIONING	DAY OFF	LONG RUN
8	RUN	MAX HAMMER STRENGTH <i>or optional:</i> HAMMER BUILD UP* <i>and optional:</i> 15 MIN LEG HAMMER*	RUN	TOTAL BODY CHISEL <i>or optional:</i> POWER CHISEL* <i>and optional:</i> 15 MIN GLUTE CHISEL*	HAMMER PLYOMETRICS <i>or optional:</i> THE MASTER'S CARDIO** <i>and optional:</i> 15 MIN LEG HAMMER*	DAY OFF	LONG RUN