

## Training Volume Guidelines

Building your training volumes is one of the greatest pressures when training for a marathon. However, if your training is rushed and distances and volumes are increased too quickly, there is a greater risk of developing an overuse or strain injury.

Here are some general guidelines to help you progress your running volumes:

- The increases in the overall volume of your training should not exceed 10% per week
- The weekly long runs should not increase more than an average of 10 minutes per week (a range of 5 to 15 minutes per week)
- Break down your workouts into smaller intervals with a 1 minute walk between the run sets as needed (i.e. 9 min run: 1 min walk)
- Cross-training can be integrated into your program during the high volume weeks to give your body a break from the mechanical stress of running (i.e. biking, pool work, etc.). Cross-training may contribute up to 35% of your total training volume for that week.

At Craven SPORT Services we encourage our clients to “train smarter to play harder” and we are equipped with a knowledgeable staff of physical therapists that can provide the help you need to properly monitor and progress your training.

Reference:

Blaise Dubois, *New Trends in the Prevention of Running Injuries*, 2011.