

What do I get?

- Three training levels based on your experience and goals
- An experienced, supportive coach
- Daily training schedule (Lydiard-based) to complete on your own
- Access to our online training locker room with articles/tips on running, notes/announcements from your coach, weekly videos posted by your coach, and the ability to track your mileage by shoe
- Optional attendance at one supported Rogue work-out per week (if you are in town)
- Flexible registration options to best fit your schedule
- Discounts at Rogue Equipment on all shoes, apparel and accessories
- Rogue-branded technical tee
- Fun, friendly online running community

How much experience do I need to participate in marathon training?

We require that you be comfortable with a 5-7 mile long run and at least 18 miles per week.

How does coaching work in an online environment?

It is just like a normal coaching interaction but with virtual touchpoints. Your initial orientation will occur via conference call, where you will receive an overview of the program philosophy and the training schedule, while also discussing your individual goals/objectives for the program.

After the initial call, you will receive weekly video messages from your coach (posted via YouTube). These videos describe the workouts and schedule for the week (with any detailed pacing instructions necessary) and also provide topical advice by week on the key things you need to know to be successful. Topics include: the gear you need, pacing, how to have effective track workouts, workout and race day nutrition/hydration, proper running form, goal setting, and a host of other relevant topics.

In addition to the weekly videos, you can email your coach for one-on-one consultation when needed by you to stay on track. There is no limit on email interactions with your coach. Your coach will be there when you need him/her to answer questions, discuss your training progress, or talk about your race goals.

How do I know if I should follow the Level I, Level II or Level III training schedule?

If you've never run a marathon before we recommend that you start with Level I, but in the end it all comes down to mileage. Beginners will run 4 days/week and eventually move to 5; intermediates will run 5 days/week and advanced will run 6. Be honest with yourself in what you can commit to, and don't try to jump into Level III long runs if you've only been running 4 days per week – this is a perfect way to get injured! It's usually best to start on the conservative side; your coach can help you decide if you should move up a level.

Does the program fee cover race entry?

No, the program fee only covers the training program. You will need to take care of race registration on your own.