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MARATHON ADVANCED RUN

TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Run +ST	Run-Speed	Cross-Training +ST	Run	Run	Run-Endurance	Rest Day
INTENSITY	Easy Effort	Challenging	Moderate Effort	Moderate Effort	Easy Effort	Conversational Pace	
i-RATE SCALE	6 - 7	8 - 9	7+	7+	6 - 7	6 - 7+	
HEART RATE	65 - 75%	80 - 90%	70 - 80%	70 - 80%	65 - 75%	65 - 75%	
WEEK 1	45 minutes	60 minutes Easy Pace - Pickups	40-45 minutes	45 minutes	40 minutes	10 miles	Rest
WEEK 2	45 minutes	60 minutes Easy Pace - Pickups	40-45 minutes	45 minutes	40 minutes	11 miles	Rest
WEEK 3	45 minutes	60 minutes Easy Pace - Pickups	40-45 minutes	45 minutes	40 minutes	12 miles	Rest
WEEK 4	45 minutes	60 minutes	40-45 minutes	50 minutes	40 minutes	8 miles [Race Pace Run]	Rest
WEEK 5	50 minutes	*Speed A Workout 6 Repeats	40-45 minutes	50 minutes	40 minutes	13 miles	Rest
WEEK 6	50 minutes	*Speed A Workout 7 Repeats	40-45 minutes	50 minutes	40 minutes	14 miles	Rest
WEEK 7	45 minutes	*Speed A Workout 8 Repeats	40-45 minutes	50 minutes 4x Striders	30 minutes	10 miles [Race Pace Run]	Rest
WEEK 8	50 minutes	*Speed B Workout 6 Repeats	40-45 minutes	50 minutes	40 minutes	15 miles	Rest
WEEK 9	50 minutes	*Speed B Workout 7 Repeats	40-45 minutes	50 minutes	30 minutes	16 miles	Rest
WEEK 10	45 minutes	*Speed B Workout 8 Repeats	40-45 minutes	60 minutes	40 minutes	12 miles [Race Pace Run]	Rest
WEEK 11	50 minutes	*Speed C Workout 5 Repeats	40-45 minutes	60 minutes	30 minutes	18 miles	Rest
WEEK 12	45 minutes	*Speed C Workout 6 Repeats	40-45 minutes	50 minutes	40 minutes	10 miles	Rest
WEEK 13	60 minutes	*Speed D Workout 25 minute Tempo	40-45 minutes	60 minutes	30 minutes	20 miles	Rest
WEEK 14	45 minutes	*Speed C Workout 7 Repeats	40-45 minutes	50 minutes	40 minutes	12 miles [Race Pace Run]	Rest
WEEK 15	60 minutes	*Speed D Workout 30 minute Tempo	40-45 minutes	60 minutes	30 minutes	20 miles	Rest
WEEK 16	45 minutes	*Speed D Workout 35 minute Tempo	40-45 minutes	50 minutes	40 minutes	10 miles	Rest
WEEK 17	60 minutes	*Speed D Workout 40 minute Tempo	40-45 minutes	60 minutes	30 minutes	21 miles	Rest
WEEK 18	45 minutes	*Speed C Workout 7 Repeats	40-45 minutes	50 minutes	40 minutes	12 miles [Race Pace Run]	Rest
WEEK 19	45 minutes	*Speed D Workout 25 minute Tempo	40 minutes	45 minutes	30 minutes	7 miles	Rest
WEEK 20	40 minutes	30 minutes Pickups	Rest	30 minutes	Rest	15-20 minutes	**Race Day**