

Training Plans • Marathon Advanced



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Week 1

2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Week 1



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
<p>10 miles. Long distance run at a conversational pace.</p>	<p>Rest day.</p>	<p>6 miles. Long distance run at a conversational pace.</p> <p>5x 20 second strides.</p>	<p>7 miles. Long distance run at a conversational pace.</p>	<p>6 miles. 5x 1 mile at tempo at 6:20-6:30 pace. 10 minute warm up and cool down.</p>	<p>6 miles. Long distance run at a conversational pace.</p> <p>5x 20 second strides. Stretch after workout.</p>	<p>6x 90 second hill walk with jog recovery. 10 minute warm up and cool down.</p>

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Week 2



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
12 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace. 5x 20 second strides.	7 miles. Long distance run at a conversational pace. 4 miles at tempo pace.	8 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace. 5x 20 second strides. Stretch after workout.	8 miles. 2 mile warm up and cool down with 8x 400M.

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Week 3



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
13 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	6 miles. Long distance run at a conversational pace. 5x 20 second strides.	7x 1200M at tempo. 10 minute warm up and cool down.	6 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace. 5x 20 second strides. Stretch after workout.	6x 90 second hill walk with jog recovery. 10 minute warm up and cool down.

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Week 4



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
13 miles. Long distance run at a conversational pace.	Rest day.	6 miles. Long distance run at a conversational pace. 5x 20 second strides.	4 miles at tempo pace. 10 minute warm up and cool down.	9 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace. 5x 20 second strides. Stretch after workout.	8 miles. 2 mile warm up and cool down with 8x 400M.

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Week 5



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
13 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	7 miles. Long distance run at a conversational pace. 5x 20 second strides.	6 miles at tempo pace. 1 mile warm up and cool down.	7 miles. Long distance run at a conversational pace.	4 miles. Long distance run at a conversational pace. 5x 20 second strides. Stretch after workout.	10K Road Race. Or 6x 800M with 2:30 recovery jog between each.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
17 miles. Long distance run at a conversational pace.	6 miles. Long distance run at a conversational pace.	7 miles. Long distance run at a conversational pace. 5x 20 second strides.	10x 400M with 400 jog recovery. 2 mile warm up and cool down.	7 miles. Long distance run at a conversational pace.	6 miles. Long distance run at a conversational pace. 5x 20 second strides. Stretch after workout.	3x 2 mile run at tempo with 2 minute recovery jog between each. 10 minute warm up and cool down.

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Week 7



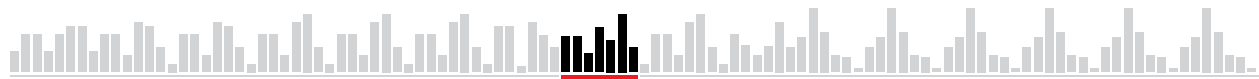
Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
<p>14 miles. Long distance run at a conversational pace.</p>	<p>Rest day.</p>	<p>8 miles. Long distance run at a conversational pace.</p> <p>5x 20 second strides.</p>	<p>6x800M with 2:30 minute recovery jog. 2 mile warm up and cool down.</p>	<p>8 miles. Long distance run at a conversational pace.</p>	<p>6 miles. Long distance run at a conversational pace.</p> <p>5x 20 second strides. Stretch after workout.</p>	<p>9 miles. 10 minute warm up and cool down, 6 miles at tempo pace.</p>

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Week 8



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
19 miles. Long distance run at a conversational pace.	7 miles. Long distance run at a conversational pace.	8 miles. Long distance run at a conversational pace. 5x 20 second strides.	10x 400M with 400M recovery jog. 2 mile warm up and cool down.	7 miles. Long distance run at a conversational pace.	6 miles. Long distance run at a conversational pace. 5x 20 second strides. Stretch after workout.	3x 2 mile run at tempo with 2 minute recovery jog between each. 10 minute warm up and cool down.

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Week 9



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
14 miles. Long distance run at a conversational pace.	6 miles. Long distance run at a conversational pace.	8 miles. Long distance run at a conversational pace. 5x 20 second strides.	6x 1200M with 4 minute recovery done at 4:30. 2 mile warm up and cool down.	8 miles. Long distance run at a conversational pace.	6 miles. Long distance run at a conversational pace. 5x 20 second strides. Stretch after workout.	10 miles at marathon pace. 10 minute warm up and cool down.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
21 miles. Long distance run at a conversational pace.	Rest day.	8 miles. Long distance run at a conversational pace. 5x 20 second strides.	12x 400M with 400M recovery jog at 80-85 seconds. 2 mile warm up and cool down.	8 miles. Long distance run at a conversational pace.	6 miles. Long distance run at a conversational pace. 5x 20 second strides. Stretch after workout.	2 miles at tempo pace, 1 hour easy running pace, 2 miles at tempo pace. 10 minute warm up and cool down.

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Week 11



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
12 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	8 miles. Long distance run at a conversational pace. 5x 20 second strides.	10x 800M with 3 minute recovery jog between each. 2 mile warm up and cool down.	7 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace. 5x 20 second strides. Stretch after workout.	12 miles at marathon pace. 10 minute warm up and cool down.

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1 2 3 4 5 6 7 8 9 10 11 **Week 12** 13 14 15 16

Week 12



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
21 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	8 miles. Long distance run at a conversational pace. 5x 20 second strides.	10x 90 second hill runs. 2 mile warm up and cool down.	8 miles. Long distance run at a conversational pace.	6 miles. Long distance run at a conversational pace. 5x 20 second strides. Stretch after workout.	2 miles at tempo pace, 1 hour easy running, 2 miles at tempo pace. 10 minute warm up and cool down.

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1 2 3 4 5 6 7 8 9 10 11 12 **Week 13** 14 15 16

Week 13



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
21 miles. Long distance run at a conversational pace.	7 miles. Long distance run at a conversational pace.	8 miles. Long distance run at a conversational pace. 5x 20 second strides.	10x 800M with 3 minute recovery jog between each. 10 minute warm up and cool down.	7 miles. Long distance run at a conversational pace.	6 miles. Long distance run at a conversational pace. 5x 20 second strides. Stretch after workout.	Half marathon race or 13 miles at marathon pace. 1 mile warm up and cool down.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
15 miles. Long distance run at a conversational pace.	Rest day.	8 miles. Long distance run at a conversational pace. 5x 20 second strides.	10x 400M with 400M recovery jog every 80-85 seconds. 2 mile warm up and cool down.	8 miles. Long distance run at a conversational pace.	6 miles. Long distance run at a conversational pace. 5x 20 second strides. Stretch after workout.	2x 20 minute runs at tempo with 5 minute recovery jog between each. 10 minute warm up and cool down.

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1 2 3 4 5 6 7 8 9 10 11 12 13 14 **Week 15** 16

Week 15



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	6 miles. Long distance run at a conversational pace. 5x 20 second strides.	5x 1 mile at tempo with 1 minute recovery jog between each. 2 mile warm up and cool down.	5 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace. 5x 20 second strides. Stretch after workout.	15 miles at marathon pace. 1 mile warm up and cool down.

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1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 **Week 16**

Week 16



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Rest day.	5 miles. Long distance run at a conversational pace.	4x 1000M at tempo. 1 mile warmup and cool down.	4 miles. Long distance run at a conversational pace.	Rest day.	3 miles. Long distance run at a conversational pace.	Run your race!

Notes:
