

ADVANCED MARATHON TRAINING PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1		Tempo run (7–8 miles) Pace:		Speedwork (4 x 1 mile) Pace:		Cross training (60 minutes)	Long slow run (14–16 miles) Pace:
Week 2		Tempo run (8–9 miles) Pace:		Speedwork (4 x 1 mile) Pace:		Cross training (60 minutes)	Long slow run (16–18 miles) Pace:
Week 3		Tempo run (9–10 miles) Pace:		Speedwork (4 x 1 mile) Pace:		Cross training (60 minutes)	Long slow run (18–20 miles) Pace:
Week 4		Speedwork (4 x 1 mile) Pace:		Tempo run (10–11 miles) Pace:		Hill running (4 x 800m) Pace:	Long slow run (20–22 miles) Pace:
Week 5	Cross training (60 minutes)	Speedwork (4 x 1 mile) Pace:		Tempo run (11–12 miles) Pace:		Hill running (4 x 800m) Pace:	Long slow run (22–24 miles) Pace:
Week 6	Cross training (60 minutes)	Speedwork (5 x 1 mile) Pace:		Tempo run (12–13 miles) Pace:		Hill running (5 x 800m) Pace:	Long slow run (24–25 miles) Pace:
Week 7	Cross training (60 minutes)	Speedwork (6 x 1 mile) Pace:		Tempo run (13–14 miles) Pace:		Hill running (6 x 800m) Pace:	Long slow run (25–26 miles) Pace:
Week 8	Cross training (60 minutes)	Speedwork (7 x 1 mile) Pace:		Tempo run (14–15 miles) Pace:		Hill running (7 x 800m) Pace:	Long slow run (26–27 miles) Pace:
Week 9	Recovery run (6 miles) Pace:	Speedwork (8 x 1 mile) Pace:		Tempo run (15–16 miles) Pace:		Hill running (8 x 800m) Pace:	Long slow run (27–28 miles) Pace:
Week 10	Recovery run (6 miles) Pace:	Speedwork (8 x 1 mile) Pace:		Tempo run (16–17 miles) Pace:		Hill running (8 x 800m) Pace:	Long slow run (28–29 miles) Pace:
Week 11	Cross training (60 minutes)	Speedwork (8 x 1 mile) Pace:		Tempo run (16–17 miles) Pace:			Tempo run (15 miles) Pace:
Week 12		Recovery run (10 miles) Pace:					Race day Pace: