

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEKS 1-5: Run 10-15 Seconds Slower than Goal Pace							
1	90/60s	Rest	40-minute Tempo Run	Rest	Easy 8K	16K Long Slow Run	Rest
2	5 x 800	Rest	40-minute Race Pace Run	Rest	Easy 6.5K	18K Long Slow Run	Rest
3	90/60s	Rest	40-minute Tempo Run	Rest	Easy 8K	19K Long Slow Run	Rest
4	6 x 800	Rest	40-minute Race Pace Run	Rest	Easy 6.5K	21K Long Slow Run	Rest
5	90/60s	Rest	40-minute Tempo Run	Rest	Easy 8K	23K Long Slow Run	Rest
WEEKS 6-10: Run 5-10 Seconds Slower than Goal Pace							
6	7 x 800	Rest	50-minute Tempo Run	Rest	Easy 6.5K	16K 3:1 Long Run	Rest
7	90/60s	Rest	50-minute Race Pace Run	Rest	Easy 8K	24K Long Slow Run	Rest
8	8 x 800	Rest	50-minute Tempo Run	Rest	Easy 6.5K	26K Long Slow Run	Rest
9	90/60s	Rest	50-minute Race Pace Run	Rest	Easy 8K	27K Long Slow Run	Rest
10	9 x 800	Rest	50-minute Tempo Run	Rest	Easy 6.5K	29K Long Slow Run	Rest
WEEKS 11-18: Run at Goal Pace							
11	90/60s	Rest	60-minute Tempo Run	Rest	Easy 8K	30.5K Long Slow Run	Rest
12	10 x 800	Rest	60-minute Race Pace Run	Rest	Easy 6.5K	29K 3:1 Long Run	Rest
13	90/60s	Rest	60-minute Tempo Run	Rest	Easy 8K	32K Long Slow Run	Rest
14	10 x 800	Rest	60-minute Race Pace Run	Rest	Easy 6.5K	24K 3:1 Long Run	Rest
15	90/60s	Rest	60-minute Tempo Run	Rest	Easy 8K	32K Long Slow Run	Rest
TAPER: Reduce Your Distance to Perform Your Best on Race Day							
16	Easy 8K	Rest	40-minute Tempo Run	Rest	Easy 5K	24K 3:1 Long Run	Rest
17	Easy 8K	Rest	40-minute Race Pace Run	Rest	Easy 3K	16K Long Slow Run	Rest
18	Easy 8K	Rest	Easy 5K	Rest	Rest	RACE DAY!	Rest

TRAINING LEGEND:

90/60s: Begin with a 10-minute warm-up of slow easy running, followed by dynamic stretches (high knee, butt kicks, leg swings, etc.) Then to start the workout, run hard for 90 seconds (about your 5K race pace) then run 60 seconds at your easy run pace. Do this for 5 cycles. Then take a 2 or 3-minute rest walk and repeat the five cycles. Follow up the last cycle with a 10-minute cool-down run.

800s: Begin with a 10-minute warm-up at a conversational pace, followed by dynamic stretches (high knee, butt kicks, leg swings, etc.) Use your marathon goal time to calculate your 800 time. For example, if you're planning on running a 4:30 marathon, then run each 800 in 4.5 minutes. Follow each 800 by a 400m easy recovery jog. Repeat this for the prescribed number of repeats in your plan. Finish up with at least a 10-minute easy cool-down run.

TEMPO RUN: Run the first and last 10 minutes at an easy warm-up pace. Run the middle portion of the run about 30 seconds slower than your 10K race pace.

RACE PACE RUN: Run the first 10 minutes at an easy pace. Run the remaining portion of the run at your marathon race pace.

EASY RUN: Run at a pace where you can carry on a conversation.

LONG SLOW RUN: Your pace should be about a minute slower than marathon race pace.

3:1 LONG RUN: For these long runs you'll run the first 3/4 of the run at your long run pace and the last 1/4 at race pace.