

Community Running (www.communityrunning.org)

Four-plus hours fall marathon plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Miles Week
WEEK	Intervals	Cross Train Easy	Tempo/Fartlek	Easy	Off	Long Run	Easy 3miles or X-	
1	4x600 @5k	30	3x1200 (600@ 10K 600@MP, continuous)	5		8		30
2	5x600@ 5k	30	2K@ 10mi 600easy 2k@10mi	6		10		35
3	2x600@5k 1200@10mi 2x600@5k	45	8x600@10k	6		12		35
4	1200@10mi 2x 600@5K 1200@10mi	45	3x1200 (600@10k 600@MP, continuous)	7		10		35
5	4x1200@ 10mi	45-60	15min@10k 10min@5k	7		14		40
6	4x600@10k 2x1200@10mi	45-60	3x2k@MP	7		12		40
7	4x1200@10mi	60	3x(1200@10 mi,600@mp)	5		16		42
8	2k@10mi 2x1200@1mi 600@10k	60	3x2k@10mi	7		15		45
9	2k@10mi 1200@10mi 2k@ 10mi	60-90	2x15 min@mp	7		18		45
10	2x600@10k 3x1200@10m	45	3x2k@10mi	6		16		45

11	5x1200@10m	60	4x2K@MP	6		20		50
12		60-90	15min@mp	6		15		45
	3xmile@10k		10min@10k					
13	2k@10mi	60-90	4x1200	6		22		50
	2x1200@10mi		(600@10k, 600@MP)					
	2x600@10k							
14	2k@10mi	60-80	2x15 min.@mp	5		13		42
	2x1200@10m							
	2k@10mi							
15		45	2x2k@10mi	4		10		36
	3x1200@10mile		1x2k@MP					
16	4x600@	30	2x 1mile@MP	Easy 4	OFF	Easy 2	RACE	40
	10 mile							

* Weekly mileage includes cross training (10min=1mile)