

Community Running (www.communityrunning.org)

Less than four hours fall marathon plan

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Miles Week * |
|------|------------------------------------|---------------------|----------------------------|----------|--------|----------|-------------|--------------|
| WEEK | Tempo | Cross Train Easy | Interval | Easy | Off | Long Run | Easy Run | |
| 1 | 1x20 min@10mi | 30 | 5x(400@10mi, continuous | 5 | | 8 | 5 | 35 |
| 2 | 2-3x2k @10mi | 30 | 8x400 @5k | 6 | | 10 | 5 | 36 |
| 3 | 4x(2min-1min- 1min recovery | 45 | 8x600@10k | 6 | | 12 | 4 | 40 |
| 4 | 2x10 4 min recovery | 45 | 8x600@10k | 7 | | 10 | 6 | 42 |
| 5 | 15min@10k 10min@5k | 45-60 | 10x400@5k | 7 | | 14 | 5 | 39 |
| 6 | 4x5min.@10mi 3 min recovery | 45-60 | 4x1mile@10 mi | 7 | | 12 | 4 | 42 |
| 7 | 2x20 min.@mp | 60 | 3x2K@10mi | 5 | | 18 | Cross Train | 44 |
| 8 | 2x20 min @10mi | 60 | 4x1mile@10k | 7 | | 15 | 4 | 47 |

| | | | | | | | | |
|----|----------------------------------|-------|---------------------------|--------|------------------------|-----|------------------------|----|
| 9 | 4x(3min-2min- 2 min recovery) | 60 | 4x(800, 600, 300) | 7 | | 20 | Cross Train 30 min. | 51 |
| 10 | 40 min@mp | 45 | 2 mile 2x1mile | 6 | | 16 | 5 | 46 |
| 11 | 20 min.@10 mi 15@ 10mi | 60 | 3x(800,600, 400) | 6 | | 20 | Cross Train 30 min. | 50 |
| 12 | 30 min. @10mi | 60-90 | 8x800 | 6 | | 15 | 6 | 48 |
| 13 | 2x(4min-3min- 2min recovery) | 60-90 | 5x1000@10 mi | 6 | | 22 | Cross Train 30 min. | 50 |
| 14 | 2x15min @10mi | 60-80 | 1mile 2 mile 1 mile | 5 | | 13 | 4 | 43 |
| 15 | 2x2k@10mi 1x2k@MP | 45 | 8x600@10k | 4 | | 10 | 4 | 46 |
| 16 | 3x1000 @10mi | 30 | 4x600@5k | Easy 4 | Easy 2 with strides | OFF | RACE | 43 |

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