

Marathon 35 - 55 MILES

A 12 week plan designed for runners who want to reach their peak form for marathon. If you have been running fewer than 30 miles per week, you should follow the base training plan for building up to 30 miles per week.

The primary focus of the plan is to improve your lactate pace through tempo, lactate intervals, and long progression runs. Secondary priorities include increasing long runs and overall mileage.

Start Date: **September 4**

Set the starting date in cell C2. Rows 3 will automatically update with the correct dates and days of the week.

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>General Aerobic + Speed</p> <p>8 miles @ 75 - 85 % CP, in the middle do 10 *x100m strides</p> <p>A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>General Aerobic</p> <p>9 miles @75 - 85% CP</p> <p>A nice steady block of sustained base running at the lower end of Zone 2. It enhances your overall aerobic conditioning and improves your marathon readiness through boosting your training volume.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Recovery</p> <p>5 miles @ < 80% CP</p> <p>You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.</p>	<p>Marathon Power</p> <p>3 miles @ < 80% CP + 8 miles @ marathon power + 2 miles @ < 80% CP</p> <p>Today's run prepares your body as specifically as possible for your upcoming marathon, and provide the precise physiological benefit of allowing you to practice the pace, form, etc. of race day. They are also great confidence booster.</p>
2	<p>Rest or Cross-Training</p> <p>The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.</p>	<p>Medium Long</p> <p>11 miles @ 80 - 85% CP</p> <p>A nice steady block of sustained base running in zone 2. You can increase the power a little bit to finish faster but don't put too much stress on your body in this run. This run reinforce the physiological benefits of your long runs.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Lactate Threshold</p> <p>2 miles @< 80% CP + 4 miles @ 90 - 95% CP + 2 miles @ < 80% CP</p> <p>Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Recovery</p> <p>5 miles @ < 80% CP</p> <p>You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.</p>	<p>Medium Long</p> <p>15 miles @ 80 - 90% CP</p> <p>A nice steady block of sustained base running in zone 2. You can increase the power a little bit to finish faster. This run reinforce the physiological benefits of your long runs.</p>

3	<p>Rest or Cross-Training</p> <p>If you don't have time to recharge, it can lead to staleness and general apathy about training.</p>	<p>General Aerobic + Speed</p> <p>8 miles @ 75 - 85% CP, in the middle, do 10 x 100m strides</p> <p>A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength</p>	<p>Recovery</p> <p>4 miles @ < 80% CP</p> <p>You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.</p>	<p>Medium Long</p> <p>11 miles @ 80 - 90% CP</p> <p>A nice steady block of sustained base running in zone 2. You can increase the power a little bit to finish faster. This run reinforce the physiological benefits of your long runs.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Recovery</p> <p>4 miles @ < 80% CP</p> <p>You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.</p>	<p>Marathon Power</p> <p>3 miles @ < 80% CP + 10 miles @ marathon power + 3 miles @ < 80% CP</p> <p>Today's run prepares your body as specifically as possible for your upcoming marathon, and provide the precise physiological benefit of allowing you to practice the pace, form, etc. of race day. They are also great confidence booster.</p>
4	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Recovery</p> <p>5 miles @ < 80% CP</p> <p>You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.</p>	<p>Lactate Threshold</p> <p>3 miles @ < 80% CP + 5 miles @ 90 - 95% CP + 2 miles @ < 80% CP</p> <p>Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.</p>	<p>Medium Long</p> <p>11 miles @ 80 - 85% CP</p> <p>A nice steady block of sustained base running in zone 2. You can increase the power a little bit to finish faster but don't put too much stress on your body in this run. This run reinforce the physiological benefits of your long runs.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Recovery</p> <p>5 miles @ < 80% CP</p> <p>You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.</p>	<p>Long Run</p> <p>17 miles @ 80 - 90% CP</p> <p>Today's run improve your endurance in preparation for the marathon. You want to start out slow but gradually pick up your pace. Finishing strongly provide positive psychological reinforcement that you are in control of the marathon.</p>
5	<p>Rest or Cross-Training</p> <p>The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Medium Long</p> <p>12 miles @ 80 - 90% CP</p> <p>A nice steady block of sustained base running in zone 2. You can increase the power a little bit to finish faster. This run reinforce the physiological benefits of your long runs.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Lactate Threshold</p> <p>3 miles @ < 80% CP + 4 miles @ 90 - 95% CP + 2 miles @ < 80% CP</p> <p>Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.</p>	<p>Recovery</p> <p>5 miles @ < 80% CP</p> <p>You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.</p>	<p>Long Run</p> <p>16 miles @ 80 - 90% CP</p> <p>Today's run improve your endurance in preparation for the marathon. You want to start out slow but gradually pick up your pace. Finishing strongly provide positive psychological reinforcement that you are in control of the marathon.</p>

6	Rest or Cross-Training If you don't have time to recharge, it can lead to staleness and general apathy about training.	Recovery 5 miles @ < 80% CP You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.	VO2Max 3 miles @ < 80% CP + 5 x 1000 @ 5K power w/ jog 50% - 90% interval time recovery + 2 miles @ < 80% CP Time for some speed work! You will be doing some intervals at high power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed	Medium Long 12 miles @ 80 - 85% CP A nice steady block of sustained base running in zone 2. You can increase the power a little bit to finish faster but don't put too much stress on your body in this run. This run reinforce the physiological benefits of your long runs.	Rest or Cross-Training Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.	Easy + Speed 6 miles in zone 1 (< 80% CP),, in the middle, do 6 x 100m strides Run this workout in zone 1 to give yourself extra recovery from the hard work you did last week.	Marathon Power 2 miles @ < 80% CP + 12 miles @ marathon power + 1 miles @ < 80% CP Today's run prepares your body as specifically as possible for your upcoming marathon, and provide the precise physiological benefit of allowing you to practice the pace, form, etc. of race day. They are also great confidence booster.
7	Rest or Cross-Training Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.	Easy + Speed 6 miles in zone 1 (< 80% CP),, in the middle, do 6 x 100m strides Run this workout in zone 1 to give yourself extra recovery from the hard work you did last week.	Medium Long 12 miles @ 80 - 85% CP A nice steady block of sustained base running in zone 2. You can increase the power a little bit to finish faster but don't put too much stress on your body in this run. This run reinforce the physiological benefits of your long runs.	Rest or Cross-Training Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.	Lactate Threshold 2 miles @ < 80% CP + 7 miles @ 90 - 95% CP + 2 miles @ < 80% CP Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.	Recovery 5 miles @ < 80% CP You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.	Long Run 20 miles @ 80 - 90% CP Today's run improve your endurance in preparation for the marathon. You want to start out slow but gradually pick up your pace. Finishing strongly provide positive psychological reinforcement that you are in control of the marathon.
8	Rest or Cross-Training The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.	VO2Max 3 miles @ < 80% CP + 5 x 600 @ 5K power w/ jog 50% - 90% interval time recovery + 2 miles @ < 80% CP Time for some speed work! You will be doing some intervals at high power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed	Medium Long 11 miles @ 80 - 85% CP A nice steady block of sustained base running in zone 2. You can increase the power a little bit to finish faster but don't put too much stress on your body in this run. This run reinforce the physiological benefits of your long runs.	Rest or Cross-Training Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.	Easy + Speed 4 miles @ < 80% CP, in the middle, do 6 x 100m strides Run this workout in zone 1 to give yourself extra recovery from the hard work you did last week.	10k tune up race 10 miles total including warmup, race, cooldown. Here we go, full on 10k as fast as you can go. This run will help us estimate your future half marathon power.	Long Run 17 miles @ 80 - 85% CP Today's run improve your endurance in preparation for the marathon. You want to start out slow but gradually pick up your pace. Finishing strongly provide positive psychological reinforcement that you are in control of the marathon.

9	<p>Rest or Cross-Training</p> <p>If you don't have time to recharge, it can lead to staleness and general apathy about training.</p>	<p>Easy + Speed</p> <p>7 miles @ < 80% CP, in the middle, do 6 x 100m strides</p> <p>Run this workout in zone 1 to give yourself extra recovery from the hard work you did last week.</p>	<p>VO2Max</p> <p>3 miles @ < 80% CP + 4 x 1200 @ 5K power w/ jog 50% - 90% interval time recovery + 3 miles @ < 80% CP</p> <p>Time for some speed work! You will be doing some intervals at high power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Medium Long</p> <p>11 miles @ 80 - 90% CP</p> <p>A nice steady block of sustained base running in zone 2. You can increase the power a little bit to finish faster. This run reinforce the physiological benefits of your long runs.</p>	<p>Recovery</p> <p>4 miles @ < 80% CP</p> <p>You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.</p>	<p>Long Run</p> <p>20 miles @ 80 - 90% CP</p> <p>Today's run improve your endurance in preparation for the marathon. You want to start out slow but gradually pick up your pace. Finishing strongly provide positive psychological reinforcement that you are in control of the marathon.</p>
10	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>VO2Max</p> <p>3 miles @ < 80% CP + 5 x 600 @ 5K power w/ jog 50% - 90% interval time recovery + 2 miles @ < 80% CP</p> <p>Time for some speed work! You will be doing some intervals at high power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed</p>	<p>Recovery</p> <p>6 miles @ < 80% CP</p> <p>You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Easy + Speed</p> <p>4 miles @ < 80% CP, in the middle, do 6 x 100m strides</p> <p>Run this workout in zone 1 to give yourself extra recovery from the hard work you did last week.</p>	<p>10k tune up race</p> <p>10 miles total including warmup, race, cooldown.</p> <p>Here we go, full on 10k as fast as you can go. This run will help us estimate your future half marathon power.</p>	<p>Long Run</p> <p>16 miles @ 80 - 85% CP</p> <p>Today's run improve your endurance in preparation for the marathon. You want to start out slow but gradually pick up your pace. Finishing strongly provide positive psychological reinforcement that you are in control of the marathon.</p>
11	<p>Rest or Cross-Training</p> <p>The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.</p>	<p>General Aerobic + Speed</p> <p>7 miles @ 75 - 85 % CP , in the middle, do 8 x 100m strides</p> <p>A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength</p>	<p>VO2Max</p> <p>2 miles @ < 80% CP + 4 x 1200 @ 5K power w/ jog 50% - 90% interval time recovery + 2 miles @ < 80% CP</p> <p>Time for some speed work! You will be doing some intervals at high power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Easy + Speed</p> <p>5 miles @ < 80% CP, in the middle, do 6 x 100m strides</p> <p>Run this workout in zone 1 to give yourself extra recovery from the hard work you did last week.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Medium Long</p> <p>12 miles @ 80 - 85% CP</p> <p>A nice steady block of sustained base running in zone 2. You can increase the power a little bit to finish faster but don't put too much stress on your body in this run. This run reinforce the physiological benefits of your long runs.</p>

12	<p>Rest</p> <p>The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.</p>	<p>Recovery</p> <p>6 miles @ < 80% CP</p> <p>You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.</p>	<p>Race Power</p> <p>3 miles @ < 80% CP + 2 miles @ marathon race power + 2 miles @ < 80% CP</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over. These sorts of runs reduce the pounding.</p>	<p>Rest</p> <p>The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.</p>	<p>Easy + Speed</p> <p>5 miles @ < 80% CP, in the middle, do 6 x 100m strides</p> <p>Run this workout in zone 1 to give yourself extra recovery from the hard work you did last week.</p>	<p>Recovery</p> <p>4 miles @ < 80% CP</p> <p>You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.</p>	Race
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NOTES

First 4 weeks: Endurance
 Second 3 weeks: Lactate threshold + endurance
 Third 3 weeks: Race preparation
 Fourth 2 weeks: Taper and Race

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