Marathon Time Based

A 20 week plan designed for runners who lead hectic lives, while still want to train seriously, smartly and get that PR. This plan does not require you to have previous marathon race experience, however, it assumes that you have run 45 minutes or more, at least four times a week, before you begin. If you have never done a run longer than 8 miles, you want to use our base plan to ramp up your mileage to 20 - 30 miles per week first.

The primary focus of the plan is to release your potential given the demands of your life. It has longer total weeks to better prepare your body strength given the constraint of your training time.

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	Easy 45 minutes @ 75% - 85% of CP, in the middle, do 5 x 20 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Aerobic Fartlek 10 min in zone 1, 6 x (3 mins @ 90% - 100% CP + 2 mins @ 80% - 85% CP), 10 mins in zone 1 Today's workout teaches you how uncomfortable it feels when running fast. Do no pay attention to the pace and distance in this workout at all because this is a good opportunity for you to learn the feeling of "effort" indicated by power. The power range given here is wide, the purpose is to give you the flexibility to pick the "hard" and "easy" effort based on your current fitness. This workout teaches you how to run hard by controlled.	Easy 50 minutes @ 75% - 85% of CP Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 40 minutes @ 75% - 85% of CP, in the middle, do 5 x 20 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Long 10 miles @ 75% - 85% of CP For this plan, long run is the most important workout of the week. Paying attention to how your body is doing, and if you feel good with 2-3 miles to go, you can pick up your power to be higher than 80% of CP. Otherwise make sure your effort is in control and finish the mileage first.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.

2	**Easy** 45 minutes @ 75% - 85% of CP, in the middle, do 5 x 20 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	**Progression** 10 min in zone 1, 10 mins @ 85% CP + 10 mins @ 90% + 5 mins @ 95% + 5 mins @ 100%, 10 mins in zone 1 The purpose of the workout today is to further teach you how uncomfortable it feels when you start fast but keep on running even faster.	**Easy** 55 minutes @ 75% - 85% of CP Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1.	**Cross-Training** "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	**Easy** 40 minutes @ 75% - 85% of CP, in the middle, do 5 x 20 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	**Long** 11 miles @ 75% - 85% of CP For this plan, long run is the most important workout of the week. Paying attention to how your body is doing, and if you feel good with 2-3 miles to go, you can pick up your power to be higher than 80% of CP. Otherwise make sure your effort is in control and finish the mileage first.	**Cross-Training** "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.
3	**Easy** 50 minutes @ 75% - 85% of CP, in the middle, do 5 x 20 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	**Interval** 10 min in zone 1, 4 x (8 mins @ 90 - 100% CP + 3 mins @ 80 - 85% CP), 10 mins in zone 1 The purpose of the workout today is to further teach you how uncomfortable it feels when you start fast but keep on running even faster.	**Easy** 55 minutes @ 75% - 85% of CP Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1.	**Cross-Training** "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	**Easy** 45 minutes @ 75% - 85% of CP, in the middle, do 5 x 20 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	**Long** 12 miles @ 75% - 85% of CP For this plan, long run is the most important workout of the week. Paying attention to how your body is doing, and if you feel good with 2-3 miles to go, you can pick up your power to be higher than 80% of CP. Otherwise make sure your effort is in control and finish the mileage first.	**Cross-Training** "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.

4	Easy 50 minutes @ 75% - 85% of CP, in the middle, do 5 x 20 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Aerobic Fartlek 10 min in zone 1, 4 x (3 mins @ 90% - 100% CP + 2 mins @ 80% - 85% CP), 4 x (4 mins @ 90% - 100% CP + 1 mins @ 80% - 85% CP), 10 mins in zone 1 Today's workout teaches you how uncomfortable it feels when running fast. Do no pay attention to the pace and distance in this workout at all because this is a good opportunity for you to learn the feeling of "effort" indicated by power. The power range given here is wide, the purpose is to give you the flexibility to pick the "hard" and "easy" effort based on your current fitness. This workout teaches you how to run hard by controlled.	Easy 45 minutes @ 75% - 85% of CP Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 20 minutes @ 75% - 85% of CP, in the middle, do 5 x 20 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	5k race Here we go, full on 5k as fast as you can go. This run will help us make your future marathon training even more awesome.	Rest "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.
5	Rest "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 45 minutes @ 75% - 85% of CP Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 45 minutes @ 75% - 85% of CP, in the middle, do 5 x 20 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Long 13 miles @ 75% - 85% of CP For this plan, long run is the most important workout of the week. Paying attention to how your body is doing, and if you feel good with 2-3 miles to go, you can pick up your power to be higher than 80% of CP. Otherwise make sure your effort is in control and finish the mileage first.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.

6	Easy 50 minutes @ 75% - 85% of CP, in the middle, do 5 x 25 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Speed workout 10 min in zone 1, 8 x (800m @ 100% - 110% CP + 400 m jog), 10 mins in zone 1 Speed workout! Simple but challenging. Run the 6 repeats hard, but the last 2 repeats as hard as your fitness allow. In the end of this workout you should feel like it's as hard as race. Ther recovery is 400 meters jog, and it should be run in the same time it takes you to run the 800 meters.	Easy 60 minutes @ 75% - 85% of CP Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 45 minutes @ 75% - 85% of CP, in the middle, do 5 x 25 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Long 14 miles @ 75% - 85% of CP For this plan, long run is the most important workout of the week. Paying attention to how your body is doing, and if you feel good with 2-3 miles to go, you can pick up your power to be higher than 80% of CP. Otherwise make sure your effort is in control and finish the mileage first.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.
7	Easy 55 minutes @ 75% - 85% of CP, in the middle, do 5 x 25 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Aerobic Fartlek 10 min in zone 1, 9 x (4 mins @ 90% - 100% CP + 1 mins @ 80% - 85% CP), 10 mins in zone 1 Today's workout teaches you how to run comfortably hard for a long time. Do no pay attention to the pace and distance in this workout at all because this is a good opportunity for you to learn the feeling of "effort" indicated by power. The power range given here is wide, the purpose is to give you the flexibility to pick the "hard" and "easy" effort based on your current fitness.	Easy 65 minutes @ 75% - 85% of CP Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 55 minutes @ 75% - 85% of CP, in the middle, do 5 x 25 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Long 14 miles @ 75% - 85% of CP For this plan, long run is the most important workout of the week. Paying attention to how your body is doing, and if you feel good with 2-3 miles to go, you can pick up your power to be higher than 80% of CP. Otherwise make sure your effort is in control and finish the mileage first.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.

8	Easy 55 minutes @ 75% - 85% of CP, in the middle, do 5 x 25 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Interval 10 min in zone 1, 5 x (8 mins @ 90 - 100% CP + 3 mins @ 80 - 85% CP), 10 mins in zone 1 The purpose of the workout today is to further teach you how uncomfortable it feels when you start fast but keep on running even faster. You did similar workout in the second week, but we are going to do one more repeat this week so it's going to be fun!	Easy 70 minutes @ 75% - 85% of CP Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 55 minutes @ 75% - 85% of CP, in the middle, do 5 x 25 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Long 16 miles @ 75% - 85% of CP For this plan, long run is the most important workout of the week. Paying attention to how your body is doing, and if you feel good with 2-3 miles to go, you can pick up your power to be higher than 80% of CP. Otherwise just get in the 16 miles and celebrate your accomplishment.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.
9	Easy 55 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Speed 1.5 miles @ zone 1 + 6 x 800m @ 103% - 105% CP w/ 400 meters jog recovery + 1.5 miles @ zone 1. Upping the intensity with short bursts of speed provides many benefits for anaerobic and aerobic development.	Easy 70 minutes @ 75% - 85% of CP Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 55 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Long 16 miles @ 75% - 85% of CP For this plan, long run is the most important workout of the week. Paying attention to how your body is doing, and if you feel good with 2-3 miles to go, you can pick up your power to be higher than 80% of CP. Otherwise just get in the 16 miles and celebrate your accomplishment.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10	Easy 55 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Speed workout 10 min in zone 1, 9 x (800m @ 100% - 110% CP + 400 m jog), 10 mins in zone 1 Speed workout! Simple but challenging. Run the 7 repeats hard, but the last 2 repeats as hard as your fitness allow. In the end of this workout you should feel like it's as hard as race. The recovery is 400 meters jog, and it should be run in the same time it takes you to run the 800 meters.	Easy 75 minutes @ 75% - 85% of CP Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 55 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Long 18 miles @ 75% - 85% of CP This long run really teaches you how to run well when you are fatigued and part of the fatigue is mental. It not only provides great physiological stimulus, but also provides a great psychological benefits. If you feel really hard in the final miles, forget about the power goal, run slower, as slow as you need to go. Trust yourself, you have been training for 10 weeks and you can do it!	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.
11	Easy 55 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Progression 10 min in zone 1, 20 mins @ 85% CP + 15 mins @ 90% + 10 mins @ 95% + 5 mins @ 100%, 10 mins in zone 1 The purpose of the workout today is to further teach you how uncomfortable it feels when you start fast but keep on running even faster.	Easy 75 minutes @ 75% - 85% of CP Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 55 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Long 18 miles @ 75% - 85% of CP This long run really teaches you how to run well when you are fatigued and part of the fatigue is mental. It not only provides great physiological stimulus, but also provides a great psychological benefits. You already did it once last week so you know you can do it. If you feel good in the last 3 miles, pick up your power to be 85% - 90% of your CP	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.

12	Easy 55 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Interval 10 min in zone 1, 5 x (8 mins @ 90 - 100% CP + 2 mins @ 75 - 80% CP slow jog), 10 mins in zone 1 The purpose of the workout today is to further teach you how uncomfortable it feels when you start fast but keep on running even faster.	Easy 85 minutes @ 75% - 85% of CP Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 50 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Long 20 miles @ 75% - 85% of CP A new peak mileage! This long run really teaches you how to run well when you are fatigued and part of the fatigue is mental. It not only provides great physiological stimulus, but also provides a great psychological benefits. If you feel really hard in the final miles, forget about the power goal, run slower, as slow as you need to go. Trust yourself, you have been training for 10 weeks and you can do it!	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.
13	Easy 55 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Progression 10 min in zone 1, 30 mins @ 85% CP + 15 mins @ 90% + 10 mins @ 95% + 5 mins @ 100%, 10 mins in zone 1 The purpose of the workout today is to further teach you how uncomfortable it feels when you start fast but keep on running even faster.	Easy 85 minutes @ 75% - 85% of CP Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 55 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Long 18 miles @ 75% - 85% of CP This long run really teaches you how to run well when you are fatigued and part of the fatigue is mental. It not only provides great physiological stimulus, but also provides a great psychological benefits. You already did it multiple times at this stage so you know you can do it. If you feel good in the last 4 miles, pick up your power to be 85% - 90% of your CP.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.

14	Easy 55 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Speed workout 10 min in zone 1, 10 x (800m @ 100% - 110% CP + 400 m jog), 10 mins in zone 1 Speed workout! Simple but challenging. Run the 8 repeats hard, but the last 2 repeats as hard as your fitness allow. In the end of this workout you should feel like it's as hard as race. The recovery is 400 meters jog, and it should be run in the same time it takes you to run the 800 meters.	Easy 60 minutes @ 75% - 85% of CP Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 50 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Long 20 miles @ 75% - 85% of CP A new peak mileage! This long run really teaches you how to run well when you are fatigued and part of the fatigue is mental. It not only provides great physiological stimulus, but also provides a great psychological benefits. If you feel really hard in the final miles, forget about the power goal, run slower, as slow as you need to go. Trust yourself, you have been training for 10 weeks and you can do it!	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.
15	Easy 55 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Race Specific 2 miles @ zone 1 + 4 miles @ marathon power, 1 mile @ HM power, 3 miles @ marathon power, 1 mile @ zone 1. This workout boost your aerobic condition and help you get familiar with the groove of marathon race effort, especially your running economy at marathon intensity. You will feel tired from this workout. Get ready!	Easy 75 minutes @ 75% - 85% of CP Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 50 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Long 11 miles @ 75% - 80% of CP, 6 miles @ marathon power, 1 mile in zone 1 In this workout, we add 6 miles of marathon effort in the long run. If you feel really hard in the middle, then switch to 18 miles normal run.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.

16	Easy 50 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Race Specific 10 mins @ zone 1 + 40 mins @ marathon power + 5 mins @ HM power + 15 mins @ MP + 10 mins @ zone 1. If you want to run a given intensity on your race day, you have to practice running at this intensity on your training day. it helps you biomechanically learn how to run your goal race intensity, and boost your running economy at race intensity.	Easy 60 minutes @ 75% - 85% of CP Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 40 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Long 22 miles @ 70% - 80% of CP This long run really teaches you how to run well when you are fatigued and part of the fatigue is mental. It not only provides great physiological stimulus, but also provides a great psychological benefits. The power is not that important in this run, what matters most is to actually finish the run.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.
17	Rest "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 45 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Easy 60 minutes @ 75% - 85% of CP Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 50 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Long 7 miles @ 75% - 80% of CP, 8 miles @ marathon power, 1 mile in zone 1 In this workout, we add 8 miles of marathon effort in the long run.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.

18	Easy 55 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Race Specific 2 miles @ zone 1 + 4 miles @ marathon power, 1 mile @ HM power, 3 miles @ marathon power, 1 mile @ zone 1. If you want to run a given intensity on your race day, you have to practice running at this intensity on your training day. it helps you biomechanically learn how to run your goal race intensity, and boost your running economy at race intensity.	Easy 60 minutes @ 75% - 85% of CP Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 50 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Long 6 miles @ 75% - 80% of CP, 7 miles @ marathon power, 1 mile in zone 1 This is the run you can execute and feel good about.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.
19	Easy 50 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Race Specific 2 miles @ zone 1 + 3 miles @ marathon power, 1 mile @ HM power, 3 miles @ marathon power, 1 mile @ zone 1. If you want to run a given intensity on your race day, you have to practice running at this intensity on your training day. it helps you biomechanically learn how to run your goal race intensity, and boost your running economy at race intensity.	Easy 60 minutes @ 75% - 85% of CP Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 45 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery. Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run.	Long 5 miles @ 75% - 80% of CP, 6 miles @ marathon power, 1 mile in zone 1 This is the run you can execute and feel good about.	Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.

| 20 | Easy

40 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery.

Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run. | Race Specific

1 miles @ zone 1 + 2 miles @ marathon power, 1 mile @ HM power, 3 miles @ marathon power, 1 mile @ zone 1.

If you want to run a given intensity on your race day, you have to practice running at this intensity on your training day. it helps you biomechanically learn how to run your goal race intensity, and boost your running economy at race intensity. | Easy

35 minutes @ 75% - 85% of CP

Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. | Rest

"Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process. | Easy

35 minutes @ 75% - 85% of CP

Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. | Easy

25 minutes @ 75% - 85% of CP, in the middle, do 5 x 30 second strides @ 105% - 110% CP w/ 60-90 seconds recovery.

Keep the easy days easy, so your hard days can be hard. When in doubt, slow down and keep your power in zone 1. Use strides to keep your leg turn over high and make yourself feels better after the easy run. | **RACE** |

NOTES

The goal of the first 4 weeks period is simply to learn the system and start getting used to the duration.

In the second 4 weeks block of training you will be increasing your long run volume, and start doing some challenging aerobic workouts. But don't worry, your solid work in the phase already prepared you to handle the increasing training load. Go get it!

In this 4 weeks block, training will get really challenging. The weekend long run is even longer and the overal weekly duration is longer. Make sure you eat well, sleep well, and focus on getting the work done!

This 4 weeks block is without doubt the toughest block in this training plan. This is what we call "peak" phase, meaning we are going to prepare your finess level to its "peak" status. All the long run will be very challenging and invokes the physiological and physical adaptation for your muscle, nuitration and aerobic system.

This 4 weeks block focus on improving your running economy of running at marathon intensity, and provide proper taper scheduling to prepare your readiness for race day.

TO DO