



Level 1 (Novice): Currently training 30 to 35 miles per week, have completed a marathon in under 3:40

Level 2 (Intermediate): Currently training 35 to 40 miles per week, have completed a marathon in 3:00 to 3:20

Level 3 (Advanced): Currently training 40 to 45 miles per week, have completed a marathon in under 3:00

Workout Key

- C** Competition, a race between the distances of 10k to 20 miles
- D** Distance run, pace is relaxed, may be split into two separate runs
- H** Hills, 4 to 6 repeats of 30 to 60 seconds on a moderate incline, easy running on the downhill
- L** Long run, pace is 40 to 90 seconds per mile slower than goal marathon pace
- LMP** Long run with 3 to 10 miles of goal marathon pace running over the last portion of the run
- MLR** Medium long run, pace is 30 to 45 seconds per mile slower than goal marathon pace
- R** Rest, as important as running, scheduled days are listed as 0
- S** Strides, 6 to 8 repeats of 80 to 100 meters at current mile pace, done at end of run
- T** Tempo, Level 1 = 4 miles, Level 2 = 5 miles, Level 3 = 6 miles. All at 10 to 15 seconds slower per mile than current 10k race pace
- W1** Workout: Week 14 to 11, Level 1 = 3 x 5 minutes at 5k pace, 4 minutes rest, Level 2 = 4 x 5 minutes at 5k pace, 3 minutes rest, Level 3 = 5 x 5 minutes at 5k pace, 3 minutes rest
- W2** Workout: Week 5 to 2, Level 1 = 6 x 2 minutes, Level 2 = 8 x 2 minutes, Level 3 = 8 x 2 minutes. All at 5k pace, 2 minutes rest

WEEK 1	1	2	3	Workout
Monday, January 14	5	6	8	D
Tuesday, January 15	4	7	8	D
Wednesday, January 16	8	9	10	W 1
Thursday, January 17	0	4	6	D
Friday, January 18	5	5	7	D
Saturday, January 19	6	6	8	DS
Sunday, January 20	13	15	16	LMP
TOTAL	41	52	63	

WEEK 2	1	2	3	
Monday, January 21	4	6	7	D
Tuesday, January 22	4	6	7	DS
Wednesday, January 23	8	9	10	W 1
Thursday, January 24	3	4	6	D
Friday, January 25	4	5	7	H
Saturday, January 26	6	7	9	D
Sunday, January 27	12	14	15	L
TOTAL	41	51	61	

WEEK 3	1	2	3	
Monday, January 28	5	7	7	D
Tuesday, January 29	4	6	10	DS
Wednesday, January 30	8	9	10	W 1
Thursday, January 31	5	5	6	D
Friday, February 1	5	6	7	H
Saturday, February 2	6	7	8	D
Sunday, February 3	14	15	17	LMP
TOTAL	47	55	65	

WEEK 4	1	2	3	
Monday, February 4	4	7	7	D
Tuesday, February 5	4	7	10	D
Wednesday, February 6	8	10	11	W 1
Thursday, February 7	3	5	6	DS
Friday, February 8	9	10	11	MLR
Saturday, February 9	6	7	8	D
Sunday, February 10	13	14	16	LMP
TOTAL	47	60	69	

WEEK 5	1	2	3	
Monday, February 11	5	6	8	D
Tuesday, February 12	5	7	10	D
Wednesday, February 13	9	10	11	T
Thursday, February 14	0	5	7	D
Friday, February 15	5	6	8	D
Saturday, February 16	6	7	8	DS
Sunday, February 17	15	16	18	L
TOTAL	45	57	70	

WEEK 6	1	2	3	
Monday, February 18	4	6	8	D
Tuesday, February 19	5	6	10	H
Wednesday, February 20	9	10	11	T
Thursday, February 21	4	5	0	D
Friday, February 22	5	7	8	D
Saturday, February 23	0	5	9	D
Sunday, February 24	16	18	20	LMP
TOTAL	43	57	66	

WEEK 7	1	2	3	
Monday, February 25	5	6	8	D
Tuesday, February 26	4	6	11	DS
Wednesday, February 27	9	10	11	T
Thursday, February 28	5	6	7	D
Friday, February 29	0	5	9	L
Saturday, March 1	7	8	9	DS
Sunday, March 2	15	20	22	C
TOTAL	45	61	77	

WEEK 8	1	2	3	
Monday, March 3	5	7	7	D
Tuesday, March 4	4	7	10	DS
Wednesday, March 5	9	11	12	T
Thursday, March 6	4	6	6	DS
Friday, March 7	5	6	9	D
Saturday, March 8	6	7	8	D
Sunday, March 9	20	16	17	LMP
TOTAL	53	60	69	

WEEK 9	1	2	3	
Monday, March 10	4	7	7	D
Tuesday, March 11	5	7	10	D
Wednesday, March 12	8	11	12	T
Thursday, March 13	0	5	6	DS
Friday, March 14	5	7	8	D
Saturday, March 15	6	8	9	D
Sunday, March 16	14	22	20	D
TOTAL	42	67	72	

WEEK 10	1	2	3	
Monday, March 17	4	6	8	D
Tuesday, March 18	5	6	10	D
Wednesday, March 19	8	10	11	W2
Thursday, March 20	5	5	7	D
Friday, March 21	8	10	12	MLR
Saturday, March 22	6	7	8	DS
Sunday, March 23	15	16	17	C
TOTAL	51	60	73	

WEEK 11	1	2	3	
Monday, March 24	5	6	6	D
Tuesday, March 25	4	6	9	DS
Wednesday, March 26	8	11	12	W2
Thursday, March 27	5	6	6	D
Friday, March 28	5	6	7	D
Saturday, March 29	5	6	8	D
Sunday, March 30	15	20	23	LMP
TOTAL	47	61	71	

WEEK 12	1	2	3	
Monday, March 31	5	5	7	D
Tuesday, April 1	5	5	10	DS
Wednesday, April 2	7	9	10	W2
Thursday, April 3	0	4	6	D
Friday, April 4	4	5	6	DS
Saturday, April 5	4	5	6	D
Sunday, April 6	14	16	17	D
TOTAL	39	49	62	

WEEK 13

	1	2	3	
Monday, April 7	3	4	6	D
Tuesday, April 8	4	4	10	D
Wednesday, April 9	6	8	9	W2
Thursday, April 10	3	3	5	D
Friday, April 11	3	5	6	D
Saturday, April 12	3	4	5	DS
Sunday, April 13	11	12	14	LMP
TOTAL	33	40	55	

WEEK 14

	1	2	3	
Monday, April 14	3	4	6	D
Tuesday, April 15	4	3	8	D
Wednesday, April 16	5	7	8	D
Thursday, April 17	3	4	5	DS
Friday, April 18	3	4	5	D
Saturday, April 19	4	4	5	D
Sunday, April 20	5	6	7	D
TOTAL	27	32	44	

Monday, April 21**Boston Marathon**