



# MARATHON TRAINING - ADVANCED 16 WEEK PLAN

## HOW TO USE THIS PLAN

Each week contains seven daily bullets. Do the runs in order adding in rest and crosstraining as desired. We suggest shorter runs Monday, Tuesday, Thursday and Friday with crosstraining on Wednesdays. Use the weekends for a long run and rest. Crosstraining options include: swimming, walking, cycling, or core work. HR/PE = Heart rate / perceived exertion.

### JULY 17 - 23

# 1

- Run 1 - 40 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE. Run 10 x 1 minute at 80-85% HR/PE followed by 1:00 recovery jogs at 60-75% HR/PE. Run 5:00 easy cool down.
- Run 3 - 30 minutes at 60-70% HR/PE
- Run 4 - 30 minutes at 60-70% HR/PE
- Run 5 - Long Run: 8 miles at 60-70% HR/PE
- 1 Crosstrain day
- 1 Rest day

### JULY 24 - 30

# 2

- Run 1 - 40 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE. Run 12 x 1 minute at 80-85% followed by 1:00 recovery jogs at 60-70% HR/PE. Run 5:00 easy cool down.
- Run 3 - 30 minutes at 60-70% HR/PE
- Run 4 - 30 minutes at 60-70% HR/PE
- Run 5 - Long Run: 9 miles at 60-70% HR/PE
- 1 Crosstrain day
- 1 Rest day

### JULY 31 - AUGUST 6

# 3

- Run 1 - 45 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE. Run 14 x 1 minute at 80-85% followed by 1:00 recovery jogs at 60-70% HR/PE. Run 5:00 easy cool down.
- Run 3 - 30 minutes at 60-70% HR/PE
- Run 4 - 30 minutes at 60-70% HR/PE
- Run 5 - Long Run: 10 miles at 60-70% HR/PE
- 1 Crosstrain day
- 1 Rest day

### AUGUST 7 - 13

# 4

- Run 1 - 45 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE. Run 16 x 1 minute at 80-85% followed by 1:00 recovery jogs at 60-70% HR/PE. Run 5:00 easy cool down.
- Run 3 - 30 minutes at 60-70% HR/PE
- Run 4 - 30 minutes at 60-70% HR/PE
- Run 5 - Long Run: 11 miles at 60-70% HR/PE
- 1 Crosstrain day
- 1 Rest day

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# 5

## AUGUST 14 - 20

- Run 1 - 45 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE.  
Run 4 x 400 at 80-85% HR/PE. Walk / jog 2:00 recoveries between each repeat. Run 1 mile cool down
- Run 3 - 35 minutes at 60-70% HR/PE
- Run 4 - 35 minutes at 60-70% HR/PE
- Run 5 - Long Run: 12 miles at 60-70% HR/PE
- 1 - 2 Crosstrain days
- 0 - 1 Rest days

# 6

## AUGUST 21 - 27

- Run 1 - 45 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE.  
Run 5 x 400 at 80-85% HR/PE. Walk / jog 2:00 recoveries between each repeat. Run 1 mile cool down.
- Run 4 - 35 minutes at 60-70% HR/PE
- Run 3 - 35 minutes at 60-70% HR/PE
- Run 5 - Long Run: 13 miles at 60-70% HR/PE
- 1 - 2 Crosstrain days
- 0 - 1 Rest days

# 7

## AUGUST 28 - SEPTEMBER 3

- Run 1 - 50 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE.  
Run 6 x 400 at 80-85% HR/PE. Walk / jog 2:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - 40 minutes at 60-70% HR/PE
- Run 4 - 35 minutes at 60-70% HR/PE
- Run 5 - Long Run: 15 miles at 60-70% HR/PE
- 1 - 2 Crosstrain days
- 0 - 1 Rest days

# 8

## SEPTEMBER 4 - 10

- Run 1 - 55 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE.  
Run 7 x 400 at 80-85% HR/PE. Walk / jog 2:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - 40 minutes at 60-70% HR/PE
- Run 4 - 40 minutes at 60-70% HR/PE
- Run 5 - Long Run Down Week: Run 4 at 60-70% HR/PE. Run 4 Miles at 80-85% HR/PE. Run 2 miles at 60-75% HR/PE
- 1 - 2 Crosstrain days
- 0 - 1 Rest days

**YOU CAN DO THIS!  
YOU'RE HALFWAY THERE!**

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# 9

## SEPTEMBER 11 - 17

- Run 1 - 45 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE.  
Run 4 x 400 at 80-85% HR/PE. Walk / jog 2:00 recoveries between each repeat. Run 1 mile cool down
- Run 3 - 35 minutes at 60-70% HR/PE
- Run 4 - 35 minutes at 60-70% HR/PE
- Run 5 - Long Run: 12 miles at 60-70% HR/PE
- 1 - 2 Crosstrain days
- 0 - 1 Rest days

# 10

## SEPTEMBER 18 - 24

- Run 1 - 1 hour at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE.  
Run 4 x 800 at 80-85% HR/PE. Walk / jog 3:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - 45 minutes at 60-70% HR/PE
- Run 4 - 45 minutes at 60-70% HR/PE
- Run 5 - Long Run Down Week: Run 4 miles at 60-70% HR/PE. Run 5 Miles at 80-85% HR/PE. Run 2 mile at 60-75% HR/PE
- 1 - 2 Crosstrain days
- 0 - 1 Rest days

# 11

## SEPTEMBER 25 - OCTOBER 1

- Run 1 - 1 hour 5 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 12 x 400 at 80-85% HR/PE. Walk / jog 2:00 recovery between. Run 1 mile cool down.
- Run 3 - 50 minutes at 60-70% HR/PE
- Run 4 - 45 minutes at 60-70% HR/PE
- Run 5 - Long Run: 20 miles at a comfortable pace. 60-70% HR/PE
- 1 - 2 Crosstrain days
- 0 - 1 Rest days

# 12

## OCTOBER 2 - 8

- Run 1 - 1 hour 10 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE.  
Run 6 x 800 at 80-85% HR/PE. Walk / jog 3:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - 50 minutes at 60-70% HR/PE
- Run 4 - 45 minutes at 60-70% HR/PE
- Run 5 - Long Run Down Week: Run 4 miles at 60-70% HR/PE. Run 6 Miles at 80-85% HR/PE. Run 2 miles at 60-75% HR/PE
- 1 - 2 Crosstrain days
- 0 - 1 Rest days

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# 13

## OCTOBER 9 - 15

- Run 1 - 1 hour 15 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 4 x 1 mile at 80-85% HR/PE. Walk / Jog 3:00 recovery between. Run 1 mile cool down.
- Run 3 - 50 minutes at 60-70% HR/PE
- Run 4 - 50 minutes at 60-70% HR/PE
- Run 5 - Long Run: Run 22 miles at 60-70% HR/PE
- 1 - 2 Crosstrain days
- 0 - 1 Rest days

# 14

## OCTOBER 16 - 22

- Run 1 - 1 hour at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 8 x 800 at 80-85% HR/PE. Walk / jog 3:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - 40 minutes at 60-70% HR/PE
- Run 4 - 40 minutes at 60-70% HR/PE
- Run 5 - Long Run: Run 15 Miles at 65-75% HR/PE.
- 1 - 2 Crosstrain days
- 0 - 1 Rest days

# 15

## OCTOBER 23 - 30

- Run 1 - 1 hour at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 5 x 1 mile at 80-85% HR/PE. Walk / jog 3:00 recovery between. Run 1 mile cool down.
- Run 3 - 40 minutes at 60-70% HR/PE
- Run 4 - 40 minutes at 60-70% HR/PE
- Run 5 - Long Run: Run 8 miles at 60-70% HR/PE
- 1 Crosstrain day
- 1 Rest day

# 16

## RACE WEEK!

- Run 1 Monday - 30 minutes at 60-70% HR/PE
- Rest Day Tuesday
- Run 2 Wednesday - 10 minutes warm up at 60-70% HR/PE. Run 8 x 1 minute at 75-80% HR/PE followed by 1:00 recovery jogs at 60-75% HR/PE. Run 5:00 easy cool down
- Rest day Thursday
- Run 3 Friday - 20 minutes at 60-70% HR/PE
- Training Complete! Saturday is Race Day!!

