

# ADVANCED MARATHON TRAINING

Phase: Peak Volume | Goal Pace: \_\_\_\_\_

Week of: \_\_\_\_\_

| DAY | MORNING SESSION | EVENING SESSION | WORKOUT DETAILS                                         | INTENSITY | COMPLETE |
|-----|-----------------|-----------------|---------------------------------------------------------|-----------|----------|
| MON | 6mi Easy        | -               | Recovery run. Keep HR under 70% Max. Recovery mobility. | Low       | [ ]      |
| TUE | 3mi Warmup      | 4mi Easy        | Track 8 x 1000m @ 10k pace w/ 90s rest.                 | High      | [ ]      |
| WED | 12mi Steady     | -               | Mid-week long run. Aerobic development.                 | Med       | [ ]      |
| THU | 6mi Easy        | 4mi Easy        | Double day. Focus on cadence and form.                  | Low       | [ ]      |
| FRI | 3mi Warmup      | -               | Tempo 6mi @ Marathon Pace + 10s.                        | High      | [ ]      |
| SAT | 5mi Recovery    | -               | Very light movement. Foam roll focus.                   | Low       | [ ]      |

| DAY | MORNING<br>SESSION | EVENING<br>SESSION | WORKOUT<br>DETAILS                              | INTENSITY | COMPLETE |
|-----|--------------------|--------------------|-------------------------------------------------|-----------|----------|
| SUN | 20mi Long          | -                  | Last 5mi<br>progressive to<br>Marathon<br>Pace. | High      | [ ]      |

WEEKLY PERFORMANCE NOTES & NUTRITION LOG