

# ADVANCED MARATHON TRAINING

18-WEEK SUB-3:00 PERFORMANCE CYCLE

WEEK	MON	TUE	WED	THU	FRI	SAT
01	RestRecovery	8miAerobic	10miIntervals	8miAerobic	6miRecovery	10mi
02	RestRecovery	9miAerobic	11miThreshold	9miAerobic	6miRecovery	10mi Sprint
03	RestRecovery	8miAerobic	12miVO2 Max	10miAerobic	6miRecovery	12mi Block
04	RestRecovery	6miRecovery	8miAerobic	6miAerobic	4miRecovery	8miFa