

HIGH MILEAGE MARATHON TRAINING

Target: Sub-3:00 Performance & Peak Volume: 70-85 MPW

| WEEK | MON | TUE | WED | THU | FRI | SAT | SUN | TOTAL |
|-----------|-------------|---------------|----------|-------------|----------|--------------|------------|-----------|
| 08 | 8m Easy | 12m Tempo | 10m Easy | 14m Aerobic | 8m Easy | 10m Recovery | 20m Long | 82 |
| 09 | 10m Easy | 13m Intervals | 10m Easy | 15m Aerobic | 10m Easy | 8m Recovery | 22m Long | 88 |
| 10 | 8m Easy | 12m Fartlek | 10m Easy | 14m Aerobic | 8m Easy | 10m Recovery | 18m Steady | 80 |
| 11 | 10m Easy | 14m Tempo | 12m Easy | 16m Aerobic | 10m Easy | 8m Recovery | 24m Long | 94 |
| 12 | 6m Recovery | 10m Taper | 8m Easy | 6m Shakeout | 4m Easy | 2m Rest | 26.2 RACE | 62 |

Notes: All distances in miles. Wednesday/Friday runs include 6x100m strides. Recovery runs kept at 90-120 seconds slower than goal marathon pace.