

MARATHON TRAINING: EXECUTIVE SCHEDULE

Phase: Base Building & Endurance Target Goal: Completion / Sub-4:00

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	<i>Rest / Flex</i>	4mi Easy	Intervals 6x400m	4mi Easy	<i>Rest</i>	8mi Long
02	<i>Rest / Flex</i>	5mi Easy	Tempo Run 3mi Pace	5mi Easy	<i>Rest</i>	10mi Long
03	<i>Rest / Flex</i>	5mi Easy	Intervals 8x400m	5mi Easy	<i>Rest</i>	12mi Long
04	<i>Rest / Flex</i>	3mi Easy	2mi Recovery	3mi Easy	<i>Rest</i>	6mi (Cutback)

NOTES

☞ Monday is a flex day for meetings or travel recovery.

☞ All 'Easy' runs should be at a conversational pace.

☞ Prioritize the Long Run and Wednesday Quality sessions.

WEEKLY GOAL TRACKING