

MARATHON TRAINING BLUEPRINT

16-Week Performance Program

Runner: _____

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN (LONG)
01	<i>Rest</i>	3m Easy	4m Tempo	3m Easy	<i>Rest</i>	5m Active	8 Miles
02	<i>Rest</i>	4m Easy	5m Intervals	4m Easy	<i>Rest</i>	5m Active	10 Miles
03	<i>Rest</i>	4m Easy	6m Tempo	4m Easy	<i>Rest</i>	6m Active	12 Miles
04	<i>Rest</i>	5m Easy	4m Recovery	5m Easy	<i>Rest</i>	4m Active	8 Miles
05	<i>Rest</i>	5m Easy	7m Intervals	5m Easy	<i>Rest</i>	6m Active	14 Miles
06	<i>Rest</i>	6m Easy	8m Tempo	6m Easy	<i>Rest</i>	7m Active	16 Miles

TRAINING KEYS

- **Easy:** Conversational pace (-90s race goal)
- **Tempo:** Sustained hard effort (10k pace + 15s)
- **Intervals:** High intensity repeats with rest
- **Long Run:** Focus on time on feet and hydration

NOTES