

GOAL ORIENTED RUNNING MILEAGE

TARGET EVENT Chicago Marathon 2024

GOAL PACE 08:30 min/mile

PEAK WEEKLY VOLUME 55 Miles

WEEK	TARGET (MI)	ACTUAL	FOCUS / WORKOUT NOTES
01	25.0	26.2	Base building. Felt strong on long run.
02	28.0	27.5	Introduction of interval training (4x800m).
03	32.0	-	Increase long run to 10 miles. Stay hydrated.
04	22.0	-	Recovery week. Focus on mobility and stretching.
05	35.0	-	Tempo run: 5 miles @ goal marathon pace.

Training Cycle Progress: 65% Complete