

2nd Sole Cleveland Marathon Training Plan
Cycle 4

Week 16

4-16: 1.5mi warmup, 6 x 90 second hill repeats with 2:00-3:00 rest, 1.5 mile cooldown

4-18: 1.5 mile warmup, 25 minutes at goal half marathon pace, 1.5 mile cooldown

4-20: 12 miles easy

Week 17

4-23: 1.5 mile warmup, 4 x 1000m @ 10k pace w/ 3:00 rest, 1.5 mile cooldown

4-25: 1.5 mile warmup, 2 x 10 minutes @ half marathon pace with 2:00 jog between, 1.5 mile cooldown

4-27: 8 miles easy

Week 18

4-30: 1.5 mile warmup, 2 x mile @ goal 10k pace, 2 x 800m @ goal 5k pace w/ 3:00 rest between reps, 1.5 mile cooldown

5-2: 1 hour easy

5-4: 3 mile warmup, 4 miles at goal half marathon pace, 1 mile cooldown

Week 19

5-7: 1.5mi warmup, 2 miles at goal half marathon pace, 2 x detroit hill @ hard effort, 1.5 mile cooldown

5-9: 45-60 minutes easy

5-11: 8 miles easy

Week 20

5-14: 1.5 mile warmup, 2 x 800m, 2x400 w/ 1:30 rest, 1.5 mile cooldown

5-16: 5 miles easy

5-19: Cleveland Marathon