

2nd Sole Cleveland Marathon Training Plan Cycle 2

Week 6

- 2-5: 1.5mi warmup, 20 minutes at goal half marathon pace, 1.5mi cooldown
- 2-7: 1.5 mile warmup, 4 x 1000m @ 10k pace w/ 3:00 rest, 1.5 mile cooldown
- 2-9: 4mi warmup, 4mi @ goal marathon pace, 3mi cooldown

Week 7

- 2-12: 1.5 mile warmup, 25 minutes at goal half marathon pace, 1.5 mile cooldown
- 2-14: 1.5 mile warmup, 2 x mile @ 10k pace 3 x 800m @ 5k pace with 3:00 rest, 1.5 mile cooldown
- 2-16: 14 miles easy or 1:50

Week 8

- 2-19: 1.5 mile warmup, 5 x 1000m @ 10k pace with 3:00 rest, 1.5 mile cooldown
- 2-21: 1.5 mile warmup, 2 x 10 minutes @ half marathon pace with 2:00 jog between, 1.5 mile cooldown
- 2-23: 3 mi warmup, 6 miles @ goal marathon pace, 3 mi cooldown (you can shorten goal pace distance to 4-5)

Week 9

- 2-26: 1.5 mile warmup, 3 x mile @ 10k pace with 3:00 rest, 1.5 mile cooldown
- 2-28: 45 minutes easy
- 3-2: 15 miles or 2 hours easy

Week 10

- 3-5: 1.5 mile warmup, 6 x 90 second hill repeats with 2:00-3:00 recoveries, 1.5 mile cooldown
- 3-7: 1.5mi warmup, 20 minutes at goal half marathon pace, 1.5mi cooldown
- 3-9: 10 miles easy