

2nd Sole Spring Training Plan

Toledo Marathon 2021

April

Week 13

3-30: 1.5 mile warmup, 3 x mile, 2 x 800 @ 10k pace w/ 2:00 rest per rep, 1.5 mi cooldown

4-1: 1.5 mile warmup, 6 x 60 second hill repeats w/ 2:30 rest recovery, 1.5 mi cooldown

4-3: 15 miles easy

Week 14

4-6: 1.5 mile warmup, 6 x 800m w/ :90 rest, 1.5 mi cooldown

4-8: 60 minutes easy

4-10: 20 miles w/ 3 x 3 miles at marathon pace OR 20 miles w/ last 8-9 at goal marathon pace

Example: 4mi warmup, 3mi hard, 1mi easy, 3mi hard, 1mi easy, 3mi hard, 5mi cooldown

Week 15

4-13: 1.5 mile warmup, 5 x 1000m @ goal 10k pace w/ :90 rest, 1.5 mi cooldown

4-15: 1.5 mile warmup, 25 minutes @ goal half marathon pace

4-17: 13 miles w/ 3 x mile @ goal marathon pace

Week 16

4-20: 1.5 mile warmup, 1 mile @ goal half marathon pace, 3 x 800m @ 10k pace, 2:00 recoveries per repeat, 1.5 mi cooldown

4-22: 30-45 minutes easy

4-25: Toledo Marathon