

2nd Sole Cleveland Marathon Training Plan  
Cycle 1

Week 1

1-1: 4-5 miles easy

1-3: 1.5 mile warmup, 5 x 60 second hills w/ 2:00 jog recoveries, 1.5 mile cooldown

1-5: 6 miles easy

Week 2

1-8: 1.5 mile warmup, 2 x 10 minutes @ half marathon pace with 2:00 jog between, 1.5 mile cooldown

1-10: 1.5 mile warmup, 3 x half mile @ 10k pace with half mile jog in between OR 2:30 rest, 1.5 mile cooldown

1-11: 8 miles easy

Week 3

1-15: 1.5 mile warmup, 6 x 60 second hills w/ 2:00 jog recoveries, 1.5 mile cooldown

1-17: 1.5 mile warmup, 2 x 10 minutes @ half marathon pace with 2:00 jog between, 1.5 mile cooldown

1-19: 9 miles easy or 1:20 easy

Week 4

1-22: 1.5 mile warmup, 6 x 60 and 2 x 30 second hills w/ 2:00 jog recoveries, 1.5 mile cooldown

1-24: 1.5 mile warmup, 20 minutes @ half marathon pace, 1.5 mile cooldown

1-26: 11 miles or 1:30 easy

Week 5

1-29: 1.5 mile warmup, 4 x half mile @ 5k pace with 2:30 rest, 1.5 mile cooldown

1-31: 45 minutes easy

2-2: 12 miles easy or 1:40