

## 2nd Sole Columbus Marathon Training Plan

### Cycle 1

#### Week 1

6-25: 1.5 mile warmup, 4 x 60 second hills w/ 2:00 jog recoveries, 1.5 mile cooldown

6-27: 1.5 mile warmup, 4 x half mile @ 10k pace with 2:30 active recovery (keep moving!), 1.5 mile cooldown

6-29: 6 miles easy

#### Week 2

7-2: 1.5 mile warmup, 5 x 60 second hills w/ 2:00 jog recoveries, 1.5 mile cooldown

7-4: 1.5 mile warmup, 2 x 10 minutes @ half marathon pace with 2:00 jog between, 1.5 mile cooldown

7-6: 8 miles easy

#### Week 3

7-9: 1.5 mile warmup, 6 x 60 second hills w/ 2:00 jog recoveries, 1.5 mile cooldown

7-11: 1.5 mile warmup, 5 x half mile @ 5k pace with 2:30 active recovery (keep moving!), 1.5 mile cooldown

7-13: 9 miles easy or 1:20 easy

#### Week 4

7-16: 1.5 mile warmup, 6 x 60 and 2 x 30 second hills w/ 2:00 jog recoveries, 1.5 mile cooldown

7-18: 1.5 mile warmup, 2 x 10 minutes @ half marathon pace with 2:00 jog between, 1.5 mile cooldown

7-20: 11 miles or 1:30 easy

#### Week 5

7-25: 1.5 mile warmup, 5 x half mile @ 5k pace with 2:30 active recovery (keep moving!), 1.5 mile cooldown

7-27: 45 minutes easy

7-29: 12 miles easy or 1:40