

2nd Sole Columbus Marathon Training Plan Cycle 2

Week 6

7-30: 1.5 mile warmup, 4 x 1000m @ 10k pace with 3:00 active recovery (keep moving!), 1.5 mile cooldown
8-1: 1.5 mile warmup, 20 minutes @ goal half marathon pace, 1.5 mile cooldown
8-3: 12 miles w/ 4 at goal marathon pace

Week 7

8-6: 1.5 mile warmup, 6 x 90 second hills w/ 3:00 jog recoveries, 1.5 mile cooldown
8-8: 1.5 mile warmup, 5 x 1000m @ 10k pace with 3:00 active recovery (keep moving!), 1.5 mile cooldown
8-10: 14 miles or 1:50 easy

Week 8

8-13: 1.5 mile warmup, 22 minutes @ goal half marathon pace, 1.5 mile cooldown
8-15: 1.5 mile warmup, 3x1000, 3x800 @ 10k pace w/ 3:00 active recovery(keep moving!), 1.5 mile cooldown
8-17: 14 miles w/ 4 at goal marathon pace

Week 9

8-20: 1.5 mile warmup, 4x90, 2x60, 2x30 second hills w/ 2:00-3:00 jog recoveries, 1.5 mile cooldown
8-22: 1 hour easy
8-24: 16 miles or 2:00 easy

Week 10

8-27: 1.5 mile warmup, 2 x 15 minutes @ goal half pace w/ 2:00 jog recoveries, 1.5 mile cooldown
8-29: 1.5 mile warmup, 4x1000, 2x800 @ 10k pace w/ 3:00 active recovery(keep moving!), 1.5 mile cooldown
8-31: 15 miles w/ 5 at goal marathon pace