

2nd Sole Columbus Marathon Training Plan

Cycle 4

Week 15

10-1: 1.5mi warmup, 4 x 1000m @ 10k pace, 4 x 400m @ 5k pace w/ :90 rest per repeat, 1.5mi cooldown

10-3: 1 hour easy

10-5: 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 16

10-8: 1.5mi warmup, 4 x 1000m @ 10k pace, 4 x 400m @ 5k pace w/ :90 rest per repeat, 1.5mi cooldown

10-10: 1.5mi warmup, 30 minutes @ goal half marathon pace, 1.5 mi cooldown

10-12: 13 w/ 3 x mile @ goal marathon pace in the middle

Week 17

10-15: 1.5 mile warmup, 10 minutes @ goal half marathon pace, 3 x 800m @ 10k pace, :90 recoveries per repeat, 1.5 mi cooldown

10-17: 45 minutes easy

10-20: Columbus Marathon