

2nd Sole Columbus Marathon Training Plan
September

Week 14

9-1: 1.5 mile warmup, 22 minutes @ goal half marathon pace, 1.5 mi cooldown

9-3: 1 hour easy

9-5: 16 miles or 2:10 easy

Week 15

9-8: 1.5 mile warmup, 3 x mile @ goal half marathon pace w/ 1:00 jog between reps, 1.5 mi cooldown

9-10: 1.5 mile warmup, 5 x 90 second hills w/ 3:00 jog recoveries, 1.5 mile cooldown

9-12: 13 miles easy or 1:50 easy

Week 16

9-15: 1.5 mile warmup, 25 minutes @ goal half marathon pace, 1.5 mile cooldown

9-17: 1.5 mile warmup, 2 x 1000m, 2 x 800m @ 10k pace with :90 jog recovery, 1.5 mile cooldown

9-19: 18 miles easy

Week 17

9-22: 1.5 mile warmup, 2 x 12 minutes @ goal half marathon pace w/ 2:00 jog recoveries, 1.5 mile cooldown

9-24: 45 minutes easy

9-26: 18 miles w/ 4 at marathon pace