

2nd Sole Fall Marathon Training Plan September

Week 9

8-30: 1.5 mile warmup, 6 x 60 second hills w/ 2:30 rest, 1.5 mile cooldown

9-2: 1.5 mile warmup, 10 minutes @ goal half pace, 2 x 60 second hills, 10 minutes @ goal half pace all with 2:00 rest per rep, 1.5 mile cooldown

9-4: 8 miles easy

Week 10

9-7: 1.5 mile warmup, 2 x 12 minutes @ goal half marathon pace w/ 3:00 jog in between, 1.5 mile cooldown

9-9: 50-60 minutes easy

9-11: 10 miles w/ 2 at goal half marathon pace

Week 11

9-14: 1.5 mile warmup, 2 x 800m, 2 x 60 second hills, 2 x 800m all w/ 2:00 jog between, 1.5 mi cooldown

9-16: 1.5 mile warmup, 3 x mile (or 9:00 minutes) @ goal half marathon pace w/ 2:00 jog between , 1.5 mi cooldown

9-18: 9 miles easy

Week 12

9-21: 1.5 mile warmup, 40-50-60-60-50-40-30 hills w/ 2:30 recoveries, 1.5 mile cooldown

9-23: 1.5 mile warmup, 3 x 10 minutes @ goal half marathon pace, 1.5 mile cooldown

9-25: 11 miles easy

Week 13

9-28: 1.5 mile warmup, 10 minutes @ goal half pace, 2 x 60 second hills, 10 minutes @ goal half pace all with 2:00 rest per rep, 1.5 mile cooldown

9-30: 45-60 minutes easy

10-2: 11 miles w/ 3 at goal race pace