

2nd Sole Fall Marathon Training Plan
September

Week 10

9-6: 1.5 mile warmup, 4 x 800m @ goal 10k pace PLUS 2 miles @ goal half marathon pace w/ :90 rest, 1.5 mi cooldown

9-8: 1.5 mile warmup, 2 x 13 minutes @ goal half marathon pace w/ 2:00 jog in between, 1.5 mile cooldown

9-10: 12 miles w/ 3 miles close to half marathon pace (slower than 9-8 workout by 10-20 seconds per mile)

Week 11

9-13: 1.5 mile warmup, 20 minutes @ goal half marathon pace PLUS 4 x 60 seconds "fast" w/ 2:00 rest after tempo, 1:00 rest after the 60 seconds fast, 1.5 mi cooldown

9-15: 1.5 mile warmup, 5 x 2:00 hills up Rockcliff w/ easy jog and regroup down, 1.5 mi cooldown

9-17: 13 miles easy

Week 12

9-20: 1.5 mile warmup, 3 Tangletown Loops @ goal half marathon pace, 1.5 mi cooldown

9-22: 1.5 mile warmup, 4 x 1000m @ goal 10k pace w/ :90 rest, 1.5 mi cooldown

9-24: 10 miles w/ last 2 faster

Week 13

9-27: 1.5 mile warmup, 12 minutes @ goal half pace, 2 x 60 second hills, 12 minutes @ goal half pace all with 2:00 rest per rep, 1.5 mile cooldown

9-29: Murphy's Loop (7 miles easy)

10-1: 12 miles w/ 2 x 2 miles @ goal half marathon pace