

2nd Sole Fall Marathon Training Plan

July

Week 1

7-6: 1.5 mile warmup, 4 x half mile @ half marathon pace w/ 1:00 rest, 1.5 mile cooldown

7-8: 1.5 mile warmup, 4 x 60 second hills w/ 2:30 recoveries, 1.5 mile cooldown

7-10: 8 miles easy or 1:10 easy

Week 2

7-13: 1.5 mile warmup, 1 x mile and 2 x half mile @ half marathon pace w/ 1:00 rest, 1.5 mile cooldown

7-15: 1.5 mile warmup, 5 x 60 second hills w/ 2:30 recoveries, 1.5 mile cooldown

7-17: 9 miles easy or 1:20 easy

Week 3

7-20: 1.5 mile warmup, 3 x 1000m and 3 x 800m @ goal 10k pace w/ :90 rest, 1.5 mi cooldown

7-22: 1.5 mile warmup, 40-50-60-50-40-30 second hills w/ 2:30 recoveries, 1.5 mi cooldown

7-24: 10 miles easy or 1:30 easy

Week 4

7-27: 1.5 mile warmup, 12 minutes @ goal half marathon pace w/ 2:00 rest and 3 x 60 second hills, 1.5 mi cooldown

7-29: Murphy's Loop or 7 miles easy

7-31: 12 miles easy or 1:40 easy