

## 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: 13 miles or 1:50 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: 18 miles w/ 6 miles at goal race 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: 20 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: 13-15 miles easy (for Cleveland and Columbus) OR 20 miles w/ 3x3 miles at goal race pace (for Boston)

### 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: 20 miles w/ 3x3 miles at goal race pace (For those running Cleveland or Columbus) OR 13 miles easy (for Boston)