

2nd Sole Spring Training Plan

Toledo Marathon

January

Week 1

1-5: 1.5 mile warmup, 5 x 60 second hills w/ 2:00 jog recoveries, 1.5 mile cooldown

1-7: 1.5 mile warmup, 4 x half mile @ goal 10k pace w/ 1:30 rest, 1.5 mile cooldown

1-9: 1 hour easy or 9-10 miles easy

Week 2

1-12: 1.5 mile warmup, 6 x 60 second hills w/ 2:00 jog recoveries, 1.5 mile cooldown

1-14: 1.5 mile warmup, 3 x 5:00 at goal half marathon pace w/ 1:00 rest between reps, 1.5 mile cooldown

OR

1.5 mile warmup, 3 x mile at goal half marathon pace w/ 1:00 rest between reps, 1.5 mile cooldown

1-16: 10 miles easy

Week 3

1-19: 1.5 mile warmup, 60-45-30-45-60-45 second hill repeats w/ 2:00 rest, 1.5 mile cooldown

1-21: 1.5 mile warmup, 5 x half mile @ goal 10k pace w/ 1:30 rest, 1.5 mile cooldown

1-23: 12 miles or 1:30 easy

Week 4

1-26: 1.5 mile warmup, 90-60-60-90-60-60 second hills w/ 2:30 jog recoveries, 1.5 mile cooldown

1-28: 1.5 mile warmup, 2 x 10 minutes @ goal half marathon pace w/ 2:00 rest, 1.5 mile cooldown

1-30: 14 w/ 2 miles @ goal marathon pace