

2nd Sole Fall Marathon Training Plan

July

Week 1

7-5: 1.5 mile warmup, 4 x half mile @ half marathon pace w/ 1:00 rest, 1.5 mile cooldown

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

7-9: 9 miles easy or 1:10 easy

Week 2

7-12: 1.5 mile warmup, 1 x mile and 2 x half mile @ half marathon pace w/ 1:00 rest, 1.5 mile cooldown

OR

4 mile cut down: start at HM pace and then have last mile be near 10k pace

7-14: 1.5 mile warmup, 6 x 60 second hills w/ 2:30 recoveries, 1.5 mile cooldown

7-16: 9 miles easy or 1:20 easy

Week 3

7-19: 1.5 mile warmup, 3 x 1000m and 2 x 800m and 2 x 200m @ goal 10k pace w/ :90 rest, 1.5 mi cooldown

7-21: 1.5 mile warmup, 40-50-60-50-40-30 second hills w/ 2:30 recoveries, 1.5 mi cooldown

7-23: 10 miles easy or 1:30 easy

Week 4

7-26: 1.5 mile warmup, 12 minutes @ goal half marathon pace w/ 2:00 rest and 3 x 60 second hills, 1.5 mi cooldown

7-28: Murphy's Loop or 7 miles easy

7-3: 12 miles easy or 1:40 easy