

2nd Sole Spring Training Plan
Cleveland Marathon
March

Week 9

3-3: 1.5 mile warmup, 2 x 12 minutes @ goal half marathon pace w/ 2:00 rest, 1.5 mile cooldown

3-5: 1.5 mile warmup, 90-60-30-90-60-30 second hill repeats w/ 2:00 rest recovery, 1.5 mi cooldown (you can take longer after the 90 second repeats!!)

3-7: 10 miles easy

Week 10

3-10: 1.5 mile warmup, 6 x 800m w/ :90 rest, 1.5 mi cooldown

3-12: 1.5 mile warmup, 25 minutes at goal half marathon pace, 1.5 mi cooldown

3-14: 16 miles or 1:50 easy

Week 11

3-17: 1.5 mile warmup, 10 minutes @ goal half marathon pace, 3 x 800m @ 10k pace w/ :90 rest between sets/repeats, 1.5 mi cooldown

3-19: 1.5 mile warmup, 6 x 90 second hill repeats w/ 3:00 recoveries in between, 1.5 mi cooldown

3-21: 18 miles or 2:00 easy

Week 12

3-24: 1.5 mile warmup, 2 x 15 minutes @ goal half marathon pace w/ 2:00 rest, 1.5 mi cooldown

3-26: 45-60 minutes easy

3-28: 13 easy or 1:30 easy