

2nd Sole Northern Ohio Marathon Training Plan

October

Week 18

9-28: 1.5 mile warmup, 3 x 8 minutes @ goal half marathon pace w/ 1:00 rest between each rep, 1.5 mi cooldown

10-1: 1 hour easy

10-3: 18-20 miles (or 3 hours max) w/ 5 miles @ goal marathon pace

Week 19

10-6: 1.5 mile warmup, 3 x mile @ goal half marathon pace w/ 1:00 jog between reps, 1.5 mi cooldown

10-8: 1.5 mile warmup, 4 x 90 2 x 60 second hills w/ 3:00 jog recoveries, 1.5 mile cooldown

10-10: 13 miles easy or 1:50 easy

Week 20

10-13: 1.5 mile warmup, 25 minutes @ goal half marathon pace, 1.5 mile cooldown

10-15: 1 hour easy

10-17: 20 miles w/ 2 x 3 miles at marathon pace OR 20 miles w/ last 8-9 at goal marathon pace

Example: 4mi warmup, 3mi hard, 1mi easy, 3mi hard, 1mi easy, 3mi hard, 5mi cooldown

Week 21

10-20: 1.5 mile warmup, 2 x 12 minutes @ goal half marathon pace w/ 2:00 jog recoveries, 1.5 mile cooldown

10-22: 45 minutes easy

10-24: 10-13 miles w/ 3 miles @ goal marathon pace

Week 22

10-27: 1.5 mile warmup, 10 minutes @ goal half marathon pace, 3 x 800m @ 10k pace, 3:00 recoveries per repeat, 1.5 mi cooldown

10-29: 45 minutes easy

11-1: Northern Ohio Marathon / Half Marathon