

2nd Sole Columbus Marathon Training Plan

Week 2

6/25- 5 miles easy

6/26- 1.5 mile warm up/cool down- 5 x 60 sec hills-4x30 sec hills w/ 2 min recovery

6/27- XT, 5 miles easy or OFF

6/28- 1.5 mile warm up/cool down- 2 miles @marathon pace-4 min recovery- 1 mile @half pace

6/29- XT or OFF

6/30- 6 miles easy

7/1- 3-5 miles easy

Week 3

7/2- 5 miles easy

7/3- 1.5 mile warm up/cool down- 2 x 1 mile @half pace, 2 x 800m @5K pace w/ 3 min recovery

7/4- XT, OFF or 4 miles easy

7/5- 1 mile warm up- 3 miles @marathon pace -2 mile cool down

7/6- XT or OFF

7/7- 8 miles easy

7/8- 4 miles easy

Week 4

7/9- 4 miles easy

7/10- 1.5 mile warm/cool- 6 x 60 sec hill repeats-2 x 30 sec hills w/2 min recovery

7/11- XT or OFF

7/12- 1.5 mile warm up/cool down- 2 miles @half pace-3 min recovery- 1 mile @half pace

7/13-XT or OFF day

7/14- 9 miles easy

7/15- 5 miles easy

Week 5

7/16- 6 miles easy

7/17- 1.5 mile warm/cool- 3 x 1 mile @10K pace, 2 x 800m @5K pace w/ 3 min recovery

7/18- XT, OFF or 4 miles easy

7/19- 1.5 mile warm up/cool down- 5 miles @marathon pace

7/20- XT or OFF

7/21- 11 miles easy

7/22- 4 miles easy

Week 6-

7/23- 5 miles easy

7/24- 1.5 mile warm/cool- 5 x 90 sec hills- 4 x 30 sec hills w/ 2 minute recovery

7/25- XT, OFF or 5 miles easy

7/26- 1.5 mile warm up/cool down- 4 miles @half marathon pace

7/27- XT or OFF
7/28- 12 miles easy
7/29- 2-4 miles easy

Week 7

7/30- 5 miles easy
7/31- 1.5 mile warm up/cool down- 3 x 1 mile @10K pace, 4 x 800m @5K pace w/ 3 min recovery
8/1- XT, OFF or 4 miles easy
8/2- 4 miles easy
8/3- XT or OFF
8/4- 2 mile warm up – 6 miles @marathon pace – 3 mile cool down
8/5- 4 miles easy

Week 8

8/6- 5 miles easy
8/7- 1.5 mile warm up/cool down- 1 mile @10K, 4 x 800m @5K, 2 x 400m @3K w/ 3 min recovery
8/8- XT, OFF or 4 miles easy
8/9- 1.5 mile warm up- 3 miles @half marathon pace- 1 mile @10K pace – 2 mile cool down
8/10- XT or OFF
8/11- 14 miles easy
8/12- 4 miles easy

Week 9

8/13- 7 miles easy
8/14- 1.5 mile warm up/cool down- 8 x 90 second hills - 2 x 30 sec w/ 3 min recovery
8/15- XT, OFF or 5 miles easy
8/16- 1 mile warm up – 6 miles @marathon pace – 1 mile cool down
8/17- XT or OFF
8/18- 16 miles easy
8/19- 5 miles easy

Week 10

8/20- 7 miles easy
8/21- 1.5 mile warm/cool – 3 x 1 mile @10K pace, 2 x 800m @5K pace w/ 3 min recovery
8/22- XT, OFF or 5 miles easy
8/23- Fartlek Run – 2 mile warm up – 4 min ON @10K/2 min OFF easy (x6) – 2 mile cool down
8/24- XT or OFF
8/25- 17 miles easy
8/26- 5 miles easy

Week 11

8/27- 7 miles easy

8/28- 1.5 mile warm up – 8 x 2 min hill rpts (@75%)- 4 x 30 sec hills (90% effort)- 1.5 mile c/d
8/29- XT, OFF or 5 miles easy
8/30- 7 miles easy
8/31- XT or OFF
9/1- 1 mile warm up – 10 miles @marathon pace – 4 mile cool down
9/2- 4 miles easy

Week 12

9/3- 6 miles easy
9/4- 1.5 mile warm up – 4 x 1 mile @10K pace w/ 3 min recovery – 1.5 c/d
9/5- XT, OFF or 4 miles easy
9/6- 1 mile warm up – 3 min ON @10K/90 sec OFF easy (x8)- 2 mile cool down
9/7- XT or OFF
9/8- 18 miles easy
9/9- 4 miles easy

Week 13

9/10- 6 miles easy
9/11- 1.5 mile warm up – 3 x 800m @5K pace – 2 x 1 mile @10K – 2 x 800m @5K pace w/ 400
minute jog between – 1.5 mile cool down
9/12- XT, OFF or 4 miles easy
9/13- 7 miles easy
9/14- XT or OFF
9/15- 1 mile warm up – 12 miles @marathon pace – 3 mile cool down
9/16- 4 miles easy

Week 14

9/17- 7 miles easy
9/18- 1.5 mile warm up – 6 x 2 min hill repeats w/ 3 min recovery – 1.5 mile cool down
9/19- XT or OFF
9/20- 1 mile warm up – 4 miles @half marathon pace – 1 mile cool down
9/21- XT or OFF
9/22- 18 miles easy
9/23- 4 miles easy

Week 15

9/24- 7 miles easy
9/25- 1.5 mile w/u/c/d – 2 x 1 mile @10K pace – 4 x 800m @5K pace w/ 2 min recovery
9/26- XT, OFF or 5 miles easy
9/27- 1 mile warm up – 4 min ON @10K pace/1 min OFF easy (x6) – 2 mile cool down
9/28- XT or OFF
9/29- 1 mile warm up – 13 miles @marathon pace – 2 mile cool down
9/30- 4 miles easy

Week 16

10/1- 6 miles easy

10/2- 1.5 mile warm up – 6 x 800m @5K- 4 x 400m @3K pace w/ 2 min recovery

10/3- XT or OFF

10/4- 1.5 mile warm up – 2 miles @half – 2 miles easy – 2 miles @ half pace- 1 mile c/d

10/5- XT or OFF

10/6- 18 miles easy

10/7- 3 miles easy

Week 17

10/8- 6 miles easy

10/9- 1.5 mile w/u – 4 x 800m @5K – 4 x 400m @3K – 90 second rest – 1.5 mile c/d

10/10 XT, OFF or 4 miles easy

10/11- 1 mile warm up – 5 miles @marathon pace – 1 mile cool down

10/12- XT or OFF

10/13- 80 min long run

10/14- 4 miles easy

RACE WEEK

10/15- 5 miles easy

10/16- 1.5 mile warm up – 2 x 800m @5K pace – 2 x 400m @3K pace w/ 90 sec recovery

10/17- XT or OFF

10/18- 5 miles easy

10/19- OFF

10/20- 3-4 miles EASY

10/21- RACE DAY!