




















 = long run    X = offroad  
 = Workout     = Rest  
 = Cross Train     = Steady  
 = Easy

# Marathon Training Schedule

January 10<sup>th</sup> - May 2<sup>nd</sup>  
Pittsburgh 2021

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mileage
1	X 5mi	7mi + strides	6mi	Run 50min, 10 x 30sec jog		4mi	X 8mi	32mi
2	5mi	WU, 3-4mi Brisk, CD	6mi	WU 8x90sec on/off		4mi	10mi	~35mi
3	5mi	6mi w/ hill 10x30sec	6mi	WU 4x5-6min 3min recoveries		7-8mi	10mi slow	~37mi
4	5mi, strides	WU, 6x800m w/ 400m recovery	5mi	7mi WU 3-4@ Brisk pace		3mi	13mi	41mi
5	5mi	Hills: 7mi 12x30sec, jog back	6mi	8mi start easy then 100-200m burst. 3x 1min rest		4mi jog	<del>Half marathon</del> Race 15mi	~43mi
6	X 5mi	Hills: 4x90sec and jog back	7mi	WU, 4x5-6min 3min rest		WU, 6x800m CD	10-12 easy	~38mi
7	6mi + strides	7x800m w/ 2min recovery	X 5mi	Hills: 12x30sec		3mi jog	18mi start slow	~42mi
8	X 5mi	6mi, start slow, max pace	6mi, fast pace	6mi fartlek 200-300m bursts		4mi jog	Half marathon	40mi
9	X 5mi	6x800m, 400m recovery jog	7mi	8mi: 3x 10min 5min recovery		5mi w/ strides	20mi, prep drinks	50mi
10	X 3mi jog	6mi, start slow	8mi, 10x400m @ 10k or 12x 10m/10off	double		3mi jog	8mi, 6mi inc pace run	36mi
11	5mi	7mi Fartlek ~400m bursts	6mi, slow to fast	10mi, 8mi paced		5-6mi w/ strides	18mi easy	51-52mi
12	X 5mi jog	7mi, start slow	7mi, inc 14x30sec @ hill	8mi		10mi, 4mi w/ 5min recovery	13-15mi	50-52mi
13	6mi paced however	7mi easy fartlek	10mi, inc 8mi pace	7mi, 10x400m @ 10k or 12x 10m/10off	5mi easy w/ strides		20-22mi	55-57mi
14	X 5-6 mi	8mi slow then fartlek	6mi	10mi w/ 70MP		4mi jog + strides	15mi or (steady) Half-marathon race	46-49mi
15	X 5-6 mi	Warmup, 4x1mi faster than Marathon pace	8mi, no push	10mi, 2x2mi @ MP		4-5mi Brisk	10mi, use Marathon prep	41-46mi
16	5 Miles	Warm up, 1mi @ <del>5mi</del> race pace, warm down	<del>4mi</del> <del>3mi</del> <del>2mi</del> 4 Miles + strides	<del>3mi</del> 3 Miles (in full clothes)		30min jog, easy strides	Marathon Day!!! 7:00AM	~18mi