



Marathon Training Program Advanced Runner

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	6 Easy	6 Tempo	5 Easy	7 Pace	OFF or X Train	5 Long Run	3 Easy + X Train	32
2	6 Easy	7 Tempo	6 Easy	6 Pace	OFF or X Train	6 Long Run	4 Easy + X Train	35
3	7 Easy	5 Yasso's	6 Easy	7 Tempo	OFF or X Train	8 Long Run	4 Easy + X Train	36.5
4	6 Easy	6 Yasso's	5 Easy	8 Pace	OFF or X Train	10 Long Run	5 Easy + X Train	39
5	7 Easy	3 Intervals	7 Easy	5 Tempo	OFF or X Train	12 Long Run	6 Easy + X Train	42
6	8 Easy	8 Yasso's	5 Easy	6 Pace	OFF or X Train	8 Long Run	4 Easy + X Train	37
7	7 Easy	4 Intervals	8 Easy	6 Tempo	OFF or X Train	14 Long Run	5 Easy + X Train	46
8	8 Easy	10 Yasso's	6 Easy	6 Pace	OFF or X Train	10 Long Run	5 Easy + X Train	37
9	5 Easy	5 Intervals	8 Easy	8 Tempo	OFF or X Train	16 Long Run	3 Easy + X Train	47
10	7 Easy	5 Intervals	6 Easy	8 Pace	OFF or X Train	18 Long Run	4 Easy + X Train	51
11	6 Easy	12 Yasso's	8 Easy	7 Tempo	OFF or X Train	18 Long Run	4 Easy + X Train	51
12	7 Easy	5 Intervals	6 Easy	8 Pace	OFF or X Train	12 Long Run	6 Easy + X Train	46
13	7 Easy	12 Yasso's	7 Easy	7 Tempo	OFF or X Train	20 Long Run	4 Easy + X Train	57
14	7 Easy	5 Intervals	9 Easy	7 Pace	OFF or X Train	10 Long Run	7 Easy + X Train	47
15	6 Easy	12 Yasso's	8 Easy	8 Tempo	OFF or X Train	22 Long Run	4 Easy + X Train	56
16	6 Easy	5 Tempo	5 Easy	6 Pace	OFF or X Train	8 Long Run	5 Easy + X Train	35
17	4 Easy	5 Intervals	4 Easy	3 Easy	OFF or X Train	14 Long Run	5 Easy + X Train	37
18	4 Easy	5 Tempo	6 Easy	8 Easy	OFF or X Train	12 Long Run	5 Easy + X Train	40
19	5 Easy	5 Pace	5 Easy	5 Easy	OFF or X Train	8 Long Run	OFF	28
20	5 Easy	3 Easy	2 Easy	OFF	OFF	OFF	MARATHON	36.2
21	OFF	1 Walk	OFF	2 Walk	OFF	2 Walk	2 Walk	7

Long runs may be done either Saturday or Sunday.

Remember, do not double up on workouts. If you miss one, you miss one. So what!

Intervals- 1 mile intervals at approximately marathon pace.

Tempo Runs- Begin and end with at least 1 mile of easy running. Middle part of run slightly faster than marathon pace, but NOT faster than 10K pace or more than 80% of Maximum Heart Rate (MHR).

Pace Runs- Projected marathon pace. As above, begin and end with 1 mile easy running (included in total distance).

Yasso's 800's (named after Bart Yasso, the inventor) are excellent workouts for the development of leg speed. A workout consists of a 1 mile warm up, a set of 800 meter (1/2 mile) intervals, and a 1 mile cool down. The prescribed number of 800 meter intervals are run at a pace that corresponds to your marathon goal time as follows:

Marathon Goal: ___ hours ___ minutes