Week	Phase	Date	Day	Full Marathon	FM Time - Based Minutes	Half Marathon	Purpose	Minimum FM	Minimum HM
	Intro	6/30	Mon	45 Minutes Easy Run	45	25 Minute Easy Run	Build Base Miles	30-40	20-25
	IIIIO	0/30	IVIOIT	45 Millules Easy Rull	40	25 Williate Easy Rull	Build base Willes	min	min
		7/1	Tue	Off	0	Off		Off	Off
		7/2	Wed	45 Minute Easy Run	45	25 Minute Easy Run	Build Base Miles	30-40	20-30
				-				min	min
		7/3	Thu			Off		XT	XT
		7/4		Off		Off		Off	Off
		7/5		Sign Up Day - 50 Minutes + Core Intro	60	Sign Up - 25 Minutes + Core Intro	Building Base and Core Strength	35 min	25 min
		7/6	Sun	OFF	0	OFF		Off	Off
	Base	7/7	Mon	50 Minutes Easy Run	50	30 Minute Easy Run	Build Base Miles	35-45	25-30
		7/8	Tue	OFF.	0	OFF		min XT	min XT
		7/8		50 Minutes Easy Run	50	30 Minutes Easy Run	Duild Dage Miles		25-30
		7/9	vvea	50 Minutes Easy Run	50	30 Minutes Easy Run	Build Base Miles	35-45 min	25-30 min
		7/10	Thu	OFF	0	OFF	Recovery Day	XT	XT
		7/11	Fri	Off	0	Off	Recovery Day	OFF	OFF
		7/12	Sat	Sign Up Day - 60 Minutes + Core	70	Sign Up - 30 Minutes + Core	30 minutes. Core Work	45 min	30 min
		7/13	Sun		0	OFF	Recovery Day	XT	XT
	Base	7/14	Mon	55 Minutes Easy Run	55	35 Minutes Easy Run	Build Base Miles	40-50	30-35
				·		•		min	min
		7/15	Tue	OFF	0	OFF	Recovery day. You can use this day as a rehab, stretching, massage or cross-training day and you can go for an optional recovery run.	XT	XT
		7/16	Wed	55 Minutes Easy Run	55	35 Minutes Easy Run	Build Base Miles	40-50	30-35
								min	min
		7/17	Thu	OFF	0	OFF	Recovery day. You can use this day as a rehab, stretching, massage or cross-training day and you can go for an optional recovery run.	XT	XT
		7/18	Fri	Off	0	30 Minutes Easy	Recovery Day	OFF	OFF
		7/19		Sign Up Day - 60 Minutes + Core	80	Sign Up Day - 40 Minutes + Core	Build Stamina and core strength	55 min	40 min
		7/20	Sun	OFF	0	OFF	Recovery Day	XT	XT
1	Base	7/21		60 Minutes: VO2 Max Intervals (30/30): 20 minute warm-up followed by 30 seconds fast, 30 second jog (Ensure last interval is faster than the first maintaining pace throughout). Repeat for 8-10 times followed by a 15-20 minute cool down jog		45 Minutes: VO2 Max Intervals (30/30): 20 minute warm-up followed by 30 seconds fast, 30 second jog (Ensure last interval is faster than the first maintaining pace throughout). Repeat for 4-6 times followed by a 15-20 minute cool down jog	Build Sprint - leg turnover and lactic acid tolerance	45-55 min	35-45 min
		7/22	Tue	IOFF	0	OFF	Recovery day. You can use this day as a rehab, stretching, massage or cross-training day and you can go for an optional recovery run.	XT	XT

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					FM Time - Based			Minimum	
Week	Phase	Date	Day	Full Marathon	Minutes	Half Marathon	Purpose	FM	HM
		7/23	Wed	60 Minutes: Pace Booster Run - 1-2 mile warm-up, Run 4 minutes at projected or best HM pace minus 30- 45 seconds, Walk 1 minute, Repeat 4 times. Finish with cool down jog	60	45 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	35-45 min
		7/24	Thu	OFF	0	OFF	Recovery Day	XT	XT
		7/25	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	35	Off	Build Endurance & Stamina	OFF	OFF
		7/26		70 minutes plus core	80	50 minutes plus core	Build Endurance & Stamina. Follow up with core work out and discussion regarding post run nutrition	65 min	50 m
		7/27	Sun	OFF	0	OFF	Recovery Day	XT	XT
2	Base	7/28	Mon	65 Minutes: VO2 Max Intervals (30/30): 20 minute warm-up followed by 30 seconds fast, 30 second jog (Ensure last interval is faster than the first maintaining pace throughout). Repeat for 10-12 times followed by a 15-20 minute cool down jog	65	50 Minutes: VO2 Max Intervals (30/30): 20 minute warm-up followed by 30 seconds fast, 30 second jog (Ensure last interval is faster than the first maintaining pace throughout). Repeat for 6-8 times followed by a 15-20 minute cool down jog	Build Sprint - leg turnover and lactic acid tolerance.	45-55 min	35-45 min
		7/29	Tue	OFF	0	OFF	Recovery Day	20-30	20-30
								min	mir
		7/30	Wed	65 Minutes: Pace Booster Run - 1-2 mile warm-up, Run 4 minutes at projected or best HM pace minus 30- 45 seconds, Walk 1 minute, Repeat 5 times. Finish with cool down jog	65	50 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	35-4 min
		7/31	Thu		0	OFF	Recovery Day	XT	XT
		8/1	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	40	30 to 40 minute Recovery Run	Recovery Day	OFF	OF
		8/2	Sat	80 minutes plus core	80	60 minutes plus core	Build Stamina and core strength	75 min	60 m
		8/3	Sun	OFF	0	OFF	Recovery Day	XT	XT
						•	•		
3	Base	8/4	Mon	70 Minutes: VO2 Max Intervals (30/30): 20 minute warm-up followed by 30 seconds fast, 30 second jog (Ensure last interval is faster than the first maintaining pace throughout). Repeat for 12-14 times followed by a 15-20 minute cool down jog	70	60 Minutes: VO2 Max Intervals (30/30): 20 minute warm-up followed by 30 seconds fast, 30 second jog (Ensure last interval is faster than the first maintaining pace throughout). Repeat for 8-10 times followed by a 15-20 minute cool down jog	Build Sprint - leg turnover and lactic acid tolerance.	45-55 min	35-4 min
		8/5	Tue	OFF	0	OFF	Recovery Day	20-30 min	20-3 mir
		8/6	Wed	70 Minutes: Pace Booster Run - 1-2 mile warm-up, Run 4 minutes at projected or best HM pace minus 30- 45 seconds, Walk 1 minute, Repeat 6 times. Finish with cool down jog	70	50 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	35-4 mir
		8/7	Thu		0	OFF	Recovery Day	XT	XT
		8/8	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	40	30 to 40 minute Recovery Run	Recovery Day	OFF	OFF
						70	Build Endurance + Stamina. Follow-up with core work	85 min	70 m
		8/9	Sat Sun	90 minutes plus core	90	70 minutes plus core	out. Discuss nutrition during the week.	XT	XT

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					FM Time -				
					Based			Minimum	Minimun
Week	Phase	Date	Day	Full Marathon	Minutes	Half Marathon	Purpose	FM	HM
4	Base	8/11	Mon	75 Minutes: VO2 Max Intervals (Hills): 20 minute warm- up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 3-4 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	75	65 Minutes: VO2 Max Intervals (30/30): 20 minute warm-up followed by 30 seconds fast, 30 second jog (Ensure last interval is faster than the first maintaining pace throughout). Repeat for 10-12 times followed by a 15-20 minute cool down jog	Build Sprint - leg turnover and lactic acid tolerance.	45-55 min	35-45 min
		8/12	Tue	OFF	0	OFF	Recovery Day	20-30 min	20-30 min
		8/13	Wed	75 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	75	50 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	35-45 min
		8/14	Thu	OFF	0	OFF	Recovery Day	XT	XT
		8/15	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	40	OFF OR 30 to 40 minute Recovery Run	Recovery Day	OFF	OFF
		8/16	Sat	100 minutes plus core	100	80 minutes plus core	Build Endurance & Stamina. Follow up with core workout. Discuss heart rate monitoring.	95 min	80 min
		8/17	Sun	OFF	0	OFF	Recovery Day	XT	XT
5	Base	8/18	Mon	75 Minutes: VO2 Max Intervals (Hills): 20 minute warm- up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 4-5 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	75	65 Minutes: VO2 Max Intervals (30/30): 20 minute warm-up followed by 30 seconds fast, 30 second jog (Ensure last interval is faster than the first maintaining pace throughout). Repeat for 12-14 times followed by a 15-20 minute cool down jog	Build Sprint - leg turnover and lactic acid tolerance.	45-55 min	35-45 min
		8/19	Tue	OFF	0	OFF	Recovery Day	20-30 min	20-30 min
		8/20	Wed	75 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	75	55 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	35-45 min
		8/21	Thu	OFF	0	OFF OFF	Recovery Day	XT	XT
		8/22	Fri	30 to 40 minute Recovery Run	75	30 to 40 minute Recovery Run.	Recovery Day	OFF	OFF
		8/23	Sat	MM for everyone	20	MM for everyone	Run fastest mile possible	MM	MM
		8/24	Sun	OFF	0	OFF	Recovery Day	XT	XT
6	Base	8/25	Mon	75 Minutes: VO2 Max Intervals (Hills): 20 minute warm- up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 5-6 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	75	65 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 2-3 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	Build Sprint - leg turnover and lactic acid tolerance.	45-55 min	35-45 min
		8/26	Tue	OFF	0	OFF	Recovery Day	20-30	20-30
								min	min

						<u>-</u>			
					FM Time -				
Veek	Phase	Date	Day	Full Marathon	Based Minutes	Half Marathon	Purpose	Minimum FM	Minim HM
		8/27	Wed	75 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	75	55 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	Build Speed - Aerobic Capacity (VO2max).	XT	XT
		8/28	Thu		0	OFF '	Recovery Day	45-55 min	35-4 min
		8/29	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	60	30 to 40 minute Recovery Run	Recovery Day	OFF	OF
		8/30	Sat	110 minutes (4-6H) plus core	110	80 minutes (4-6H) plus core	Build Endurance + Stamina. Follow up with core work out. Discuss race routine.	90 min (4 H)	70 m (4 H
		8/31	Sun	OFF	0	OFF	Recovery Day	XT	XT
7	Base	9/1	Mon	75 Minutes: VO2 Max Intervals (Hills): 20 minute warm-up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 6-7 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	75	65 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 3-4 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	35-44 min
		9/2	Tue	OFF	0	OFF	Recovery Day	25-40 min	25-4 min
		9/3	Wed	75 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	75	60 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	Build Stamina - lactate threshold.	45-55 min	35-4 min
		9/4	Thu	OFF	0	OFF	Recovery Day	XT	XT
		9/5	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	55	30 to 40 minute Recovery Run	Recovery Day	OFF	OF
		9/6	Sat	120 minutes (5-7 H) plus core	120	90 minutes (5-7 H) plus core	Build Endurance & Stamina. Follow up with core workout. Discuss nutrition during the run.	90 min (5-6 H)	70 m (5-6
		9/7	Sun	OFF	0	OFF	Recovery Day	XT	X٦
8	Base	9/8	Mon	75 minutes: VO2 Max Intervals (Hills): 20 minute warm- up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 7-8 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	75	60 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 4-5 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	Build Speed - Aerobic Capacity (VO2max).	50-55 min	40-5 mir
I		9/9	Tue	OFF	0	OFF	Recovery Day	25-50 min	25-5 mir
		9/10	Wed	75 Minutes: 15 to 30 minute Warm-Up + Stride Workout: 10 to 12 times 20 seconds with 1 minute recovery jog between + 15 to 30 minute Cool-down	75	60 Minutes: 15 to 30 minute Warm-Up + Stride Workout: 10 to 12 times 20 seconds with 1 minute recovery jog between + 15 to 30 minute Cool-down	Build Sprint - leg turnover and lactic acid tolerance.	50-55 min	40-5 mir
		9/11	Thu	OFF	0	OFF	Recovery Day	XT	XT
		9/12	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	70	OFF OR 30 to 40 minute Recovery Run	Recovery Day	OFF	OFI

						. 8			
Week	Phase	Date	Day	Full Marathon	FM Time - Based Minutes	Half Marathon	Purpose	Minimum FM	n Minimu HM
į		9/13	Sat	120 minutes (6-8H) plus core	120	80 minutes (6-8 H) plus core	Build Stamina and core strength	100 min (6-8 H)	80 mii (6-8 H
		9/14	Sun	OFF	0	OFF	Recovery Day	XT	XT
9	Stamina	9/15	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 3-4 times followed by a 15-20 minute cool down ion	90	70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 5-6 times ensuring you maintain pace from first to last making the last just as fast or faster than	Build Speed - Aerobic Capacity (VO2max).	50-55 min	40-50 min
•		9/16	Tue		0	OFF	Recovery Day	25-50 min	25-50 min
		9/17		80 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	80	70 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	Build Stamina - lactate threshold.	50-55 min	40-50 min
		9/18		OFF	0	OFF	Recovery Day	XT	XT
		9/19	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	65	30 to 40 minute Recovery Run	Recovery Day	OFF	OFF
		9/20	Sat	120 minutes (8-10H) or Or Bridge Series Race #1 Kemah/Seabrook 10K	120	80 minutes (8-10H) or Or Bridge Series Race #1 Kemah/Seabrook 10K	Build Stamina and core strength	100 min (6-8 H)	80 mir (6-8 H)
		9/21	Sun	OFF	0	OFF	Recovery Day	XT	XT
10	Stamina	9/22	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 4-5 times followed by a 15-20 minute cool down jog	90	70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 6-7 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	Build Speed - Aerobic Capacity (VO2max).	50-55 min	40-50 min
		9/23	Tue	OFF	0	OFF	Recovery Day	25-50	25-50
		9/24	Wed	80 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	80	70 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	Build Speed - Aerobic Capacity (VO2max).	min 50-55 min	40-50 min
		9/25	Thu	OFF	0	OFF	Recovery Day	XT	XT
		9/26	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	45	30 to 40 minute Recovery Run.	Recovery Day	OFF	OFF
		9/27	Sat	9 Mile thirds Progression Run: Run the first 3rd of the run easy, the middle 3rd - medium, and the last 3rd - medium to hard	160	90 minutes thirds Progression Run: Run the first 3rd of the run easy, the middle 3rd - medium, and the last 3rd - medium to hard	Build Endurance & Stamina. Follow up with Core Work	8 miles	6 miles
				OFF		OFF		XT	XT

					FM				
					Time -				
Week	Phase	Dete	Davi	Full Marathon	Based Minutes	Half Marathon	Dunnaga	Minimum FM	Minimu
		Date	Day				Purpose		
11	Pre-Marathon	9/29	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace	90	70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and	Build Sprint - leg turnover and lactic acid tolerance.	50-55 min	40-5
				or faster. Maintain pace from first to last making the		running up to top at MM pace and then jog to bottom.		111111	min
				last just as fast or faster than the first. Repeat for 5-6		Repeat 7-8 times ensuring you maintain pace from			
				times followed by a 15-20 minute cool down jog		first to last making the last just as fast or faster than			
				umos followed by a 15 25 militate cool down jog		the first. Finish with a 15-20 minute cool down jog			
						and mean man a no 20 minute cool down jog			
		9/30	Tue	OFF/TB: Non stop run at FM minus 1 minute	45	OFF	Recovery Day	XT	XT
		10/1	Wed	90 Minutes: CHOOSE YOUR WORKOUT:	90	70 Minutes: CHOOSE YOUR WORKOUT:		50-55	40-5
								min	min
				15 to 25 minute Warm-Up + Hill Repeats: 6 to 8 times		15 to 25 minute Warm-Up + Hill Repeats: 6 to 8 times	Build leg strength, VO2max and lactic acid tolerance.		
				a moderately sloped hill (6-10% grade) lasting 60 to		a moderately sloped hill (6-10% grade) lasting 60 to			
				90 seconds with the jog back down the hill as recovery		90 seconds with the jog back down the hill as recovery			
	-			+ 15 to 25 minute Cool-down		+ 15 to 25 minute Cool-down	D 1110 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		
				15 to 30 minute Warm-Up + Fartlek Workout: 8 to 10 times 2 minutes at MM effort with 1 minute recovery		15 to 30 minute Warm-Up + Fartlek Workout: 8 to 10 times 2 minutes at MM effort with 1 minute recovery	Build Speed - Aerobic Capacity (VO2max).		
				jog + 15 to 30 minute Cool-down		jog + 15 to 30 minute Cool-down			
		10/2	Thu		0	OFF	Recovery Day		J
	-	10/3	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery	40	30 to 40 minute Recovery Run	Recovery Day	OFF	OF
				run easy pace					
		10/4	Sat	Long Steady Run: 140 minutes	130	Long Steady Run: 100 minutes	Build Endurance & Stamina. Follow up with Core work	9 miles	5 mile
		-					'		
		10/5	Sun	OFF	0	OFF	Recovery Day or Race	XT	XT
			Sun	OFF	0	,	·		
12	Pre-Marathon			90 Minutes: VO2 Max Intervals (Lactate): 20 minute	90	OFF 70 Minutes: VO2 Max Intervals (Hills): 20 minute warm	Recovery Day or Race		
12	Pre-Marathon	10/5	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace		70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and	Recovery Day or Race	ХТ	XT
12	Pre-Marathon	10/5	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the		70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom.	Recovery Day or Race	XT 45-55	XT 40-5
12	Pre-Marathon	10/5	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 6-7		OFF 70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 8 times ensuring you maintain pace from first	Recovery Day or Race	XT 45-55	XT 40-5
12	Pre-Marathon	10/5	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the		OFF 70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 8 times ensuring you maintain pace from first to last making the last just as fast or faster than the	Recovery Day or Race	XT 45-55	XT 40-5
12	Pre-Marathon	10/5	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 6-7		OFF 70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 8 times ensuring you maintain pace from first	Recovery Day or Race	XT 45-55	XT 40-5
12	Pre-Marathon	10/5	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 6-7 times followed by a 15-20 minute cool down jog OFF/TB: Non stop run at FM minus 1 minute	90	OFF 70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 8 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog OFF	Recovery Day or Race	XT 45-55 min XT	XT 40-5 min
12	Pre-Marathon	10/5	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 6-7 times followed by a 15-20 minute cool down jog	90	70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 8 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	Recovery Day or Race Build Speed - Aerobic Capacity (VO2max).	XT 45-55 min XT 45-55	40-5 mir XT 40-5
12	Pre-Marathon	10/5	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 6-7 times followed by a 15-20 minute cool down jog OFF/TB: Non stop run at FM minus 1 minute 90 Minutes: CHOOSE YOUR WORKOUT:	90	OFF 70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 8 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog OFF 70 Minutes: CHOOSE YOUR WORKOUT:	Recovery Day or Race Build Speed - Aerobic Capacity (VO2max). Recovery Day	XT 45-55 min XT	40-5 mir
12	Pre-Marathon	10/5	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 6-7 times followed by a 15-20 minute cool down jog OFF/TB: Non stop run at FM minus 1 minute 90 Minutes: CHOOSE YOUR WORKOUT: 15 to 25 minute Warm-Up + Hill Repeats: 8 to 10	90	OFF 70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 8 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog OFF 70 Minutes: CHOOSE YOUR WORKOUT:	Recovery Day or Race Build Speed - Aerobic Capacity (VO2max).	XT 45-55 min XT 45-55	40-5 mir
12	Pre-Marathon	10/5	Mon Tue Wed	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 6-7 times followed by a 15-20 minute cool down jog OFF/TB: Non stop run at FM minus 1 minute 90 Minutes: CHOOSE YOUR WORKOUT: 15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting	90	OFF 70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 8 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog OFF 70 Minutes: CHOOSE YOUR WORKOUT: 15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting	Recovery Day or Race Build Speed - Aerobic Capacity (VO2max). Recovery Day	XT 45-55 min XT 45-55	40-5 mir
12	Pre-Marathon	10/5	Mon Tue Wed	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 6-7 times followed by a 15-20 minute cool down jog OFF/TB: Non stop run at FM minus 1 minute 90 Minutes: CHOOSE YOUR WORKOUT: 15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as	90	OFF 70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 8 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog OFF 70 Minutes: CHOOSE YOUR WORKOUT: 15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as	Recovery Day or Race Build Speed - Aerobic Capacity (VO2max). Recovery Day	XT 45-55 min XT 45-55	40-5 mir
12	Pre-Marathon	10/5	Mon Tue Wed	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 6-7 times followed by a 15-20 minute cool down jog OFF/TB: Non stop run at FM minus 1 minute 90 Minutes: CHOOSE YOUR WORKOUT: 15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down	90	OFF 70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 8 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog OFF 70 Minutes: CHOOSE YOUR WORKOUT: 15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down	Recovery Day or Race Build Speed - Aerobic Capacity (VO2max). Recovery Day Build leg strength, VO2max and lactic acid tolerance.	XT 45-55 min XT 45-55	40-5 mir
12	Pre-Marathon	10/5	Mon Tue Wed	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 6-7 times followed by a 15-20 minute cool down jog OFF/TB: Non stop run at FM minus 1 minute 90 Minutes: CHOOSE YOUR WORKOUT: 15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as	90	OFF 70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 8 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog OFF 70 Minutes: CHOOSE YOUR WORKOUT: 15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as	Recovery Day or Race Build Speed - Aerobic Capacity (VO2max). Recovery Day	XT 45-55 min XT 45-55	40-5 mir
112	Pre-Marathon	10/5	Mon Tue Wed	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 6-7 times followed by a 15-20 minute cool down jog OFF/TB: Non stop run at FM minus 1 minute 90 Minutes: CHOOSE YOUR WORKOUT: 15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down 15 to 30 minute Warm-Up + Fartlek Workout: 5 to 6	90	OFF 70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 8 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog OFF 70 Minutes: CHOOSE YOUR WORKOUT: 15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down 15 to 30 minute Warm-Up + Fartlek Workout: 5 to 6	Recovery Day or Race Build Speed - Aerobic Capacity (VO2max). Recovery Day Build leg strength, VO2max and lactic acid tolerance.	XT 45-55 min XT 45-55	40-5 mir
12	Pre-Marathon	10/5	Tue Wed	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 6-7 times followed by a 15-20 minute cool down jog OFF/TB: Non stop run at FM minus 1 minute 90 Minutes: CHOOSE YOUR WORKOUT: 15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down 15 to 30 minute Warm-Up + Fartlek Workout: 5 to 6 times 3 minutes at 10k effort with 1.5 minute recovery	90	OFF 70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 8 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog OFF 70 Minutes: CHOOSE YOUR WORKOUT: 15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down 15 to 30 minute Warm-Up + Fartlek Workout: 5 to 6 times 3 minutes at 10k effort with 1.5 minute recovery	Recovery Day or Race Build Speed - Aerobic Capacity (VO2max). Recovery Day Build leg strength, VO2max and lactic acid tolerance.	XT 45-55 min XT 45-55 min 25-35	XT 40-5 mir 40-5 mir 25-5
12	Pre-Marathon	10/5 10/6 10/7 10/8	Tue Wed	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 6-7 times followed by a 15-20 minute cool down jog OFF/TB: Non stop run at FM minus 1 minute 90 Minutes: CHOOSE YOUR WORKOUT: 15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down 15 to 30 minute Warm-Up + Fartlek Workout: 5 to 6 times 3 minutes at 10k effort with 1.5 minute recovery jog + 15 to 30 minute Cool-down OFF	90 45 90 0	OFF 70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 8 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog OFF 70 Minutes: CHOOSE YOUR WORKOUT: 15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down 15 to 30 minute Warm-Up + Fartlek Workout: 5 to 6 times 3 minutes at 10k effort with 1.5 minute recovery jog + 15 to 30 minute Cool-down	Recovery Day or Race Build Speed - Aerobic Capacity (VO2max). Recovery Day Build leg strength, VO2max and lactic acid tolerance. Build Speed - Aerobic Capacity (VO2max).	XT 45-55 min XT 45-55 min 25-35 min	40-5 min
12	Pre-Marathon	10/5 10/6 10/7 10/8	Tue Wed	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 6-7 times followed by a 15-20 minute cool down jog OFF/TB: Non stop run at FM minus 1 minute 90 Minutes: CHOOSE YOUR WORKOUT: 15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down 15 to 30 minute Warm-Up + Fartlek Workout: 5 to 6 times 3 minutes at 10k effort with 1.5 minute recovery jog + 15 to 30 minute Cool-down	90 45 90	OFF 70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 8 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog OFF 70 Minutes: CHOOSE YOUR WORKOUT: 15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down 15 to 30 minute Warm-Up + Fartlek Workout: 5 to 6 times 3 minutes at 10k effort with 1.5 minute recovery jog + 15 to 30 minute Cool-down	Recovery Day or Race Build Speed - Aerobic Capacity (VO2max). Recovery Day Build leg strength, VO2max and lactic acid tolerance. Build Speed - Aerobic Capacity (VO2max).	XT 45-55 min XT 45-55 min 25-35	40-5 mir
112	Pre-Marathon	10/5 10/6 10/7 10/8	Tue Wed Thu	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 6-7 times followed by a 15-20 minute cool down jog OFF/TB: Non stop run at FM minus 1 minute 90 Minutes: CHOOSE YOUR WORKOUT: 15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down 15 to 30 minute Warm-Up + Fartlek Workout: 5 to 6 times 3 minutes at 10k effort with 1.5 minute recovery jog + 15 to 30 minute Cool-down OFF Off or 30 to 40 minute Recovery Run/TB: Recovery	90 45 90 0	OFF 70 Minutes: VO2 Max Intervals (Hills): 20 minute warm up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 8 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog OFF 70 Minutes: CHOOSE YOUR WORKOUT: 15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down 15 to 30 minute Warm-Up + Fartlek Workout: 5 to 6 times 3 minutes at 10k effort with 1.5 minute recovery jog + 15 to 30 minute Cool-down	Recovery Day or Race Build Speed - Aerobic Capacity (VO2max). Recovery Day Build leg strength, VO2max and lactic acid tolerance. Build Speed - Aerobic Capacity (VO2max).	XT 45-55 min XT 45-55 min 25-35 min	40-5 mir

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Week	Phase	Date	Day	Full Marathon	FM Time - Based Minutes	Half Marathon	Purpose	Minimum FM	Minimur HM
13	Pre-Marathon	10/13		90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .65 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 3-4 times followed by a 15-20 minute cool down jog		70 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 3-4 times followed by a 15-20 minute cool down jog	Build Stamina - lactate threshold.	45-55 min	40-50 min
		10/14	Tue	OFF/TB: Non stop run at FM minus 1 minute	75	OFF	Recovery Day	XT	XT
		10/15	Wed	90 Minutes: CHOOSE YOUR WORKOUT:	90	70 Minutes: CHOOSE YOUR WORKOUT:		45-55 min	40-50 min
				15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down		15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down	Build leg strength, VO2max and lactic acid tolerance.		
				15 to 30 minute Warm-Up + Fartlek Workout: 8 to 10 times 2 minutes at MM effort with 1 minute recovery jog + 15 to 30 minute Cool-down		15 to 30 minute Warm-Up + Fartlek Workout: 8 to 10 times 2 minutes at MM effort with 1 minute recovery jog + 15 to 30 minute Cool-down	Build Speed - Aerobic Capacity (VO2max).		
		10/16	Thu		0	OFF	Recovery Day	25-35 min	25-50 min
		10/17		Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	80	30 to 45 minute Recovery Run	Recovery Day	OFF	OFF
			Sat	Long, Steady Run: 12 miles or the Bridge Series #2 Galveston Causeway 10K		Long, Steady Run: 7 miles or or the Bridge Series #2 Galveston Causeway 10K	Build Endurance & Stamina. Follow up with Core Work		
		10/19	Sun	Off	0	Off	Have a great run!	XT	XT
14	Pre-Marathon	10/20		90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .65 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 4-5 times followed by a 15-20 minute cool down jog		70 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 4-5 times followed by a 15-20 minute cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	40-50 min
		10/21	Tue	OFF/TB: Non stop run at FM minus 1 minute	75	OFF	Recovery Day	XT	XT
		10/22	Wed	90 Minutes: CHOOSE YOUR WORKOUT:	90	70 Minutes: CHOOSE YOUR WORKOUT:		45-55 min	40-50 min
				15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down		15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down	Build leg strength, VO2max and lactic acid tolerance.		
				15 to 30 minute Warm-Up + Fartlek Workout: 4 to 5 times 5 minutes at Half-Marathon effort with 3 minute recovery jog + 15 to 30 minute Cool-down		15 to 30 minute Warm-Up + Fartlek Workout: 4 to 5 times 5 minutes at Half-Marathon effort with 3 minute recovery jog + 15 to 30 minute Cool-down	Build Speed - Aerobic Capacity (VO2max).		
		10/23	Thu	OFF	0	OFF	Recovery Day	25-35 min	25-50 min
		10/24		Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	75	30 to 45 minute Recovery Run	Recovery Day	OFF	OFF
		10/25	Sat	Long, Steady Run: 13 miles or the Houston Half Marathon	140	Long, Steady Run: 8 miles or the Houston Half Marathon	Build Endurance & Stamina. Follow up with Core Work	12 miles	
		10/26	Sun	Houston Half Marathon or Off	0	Houston Half Marathon or Off	Race or Recovery Day		XT

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Week	Phase	Date	Day	Full Marathon	Minutes	Half Marathon	Purpose	Minimum FM	Minimur HM
	Pre-Marathon	10/27	-	90 minutes: VO2 Max Intervals (Lactate): 20 minute	90	70 minutes: VO2 Max Intervals (Lactate): 20 minute	Build Endurance + Stamina.	45-55	40-50
13	i ie-iviaiatiioii	10/21	IVIOIT	warm-up followed by .65 mile repeats ran at MM pace	30	warm-up followed by 1/2 mile repeats ran at MM pace	Dulid Elidurance + Stamma.	min	min
				or faster. Maintain pace from first to last making sure		or faster. Maintain pace from first to last making the			
				the last is just as fast or faster than the first. Repeat		last just as fast or faster than the first. Repeat for 5-6			
				for 5-6 times followed by a 15-20 minute cool down jog		times followed by a 15-20 minute cool down jog			
		10/28	Tue	OFF/TB: Non stop run at FM minus 1 minute	80	OFF	Recovery Day	XT	XT
	ŀ	10/29	Wed	90 Minutes: 10-15 minute warm up, 75-80 minutes of	90	75 Minutes: 10-15 minute warm up, 75-80 minutes of	Build Speed - Aerobic Capacity (VO2max).	45-55	40-50
				planned intervals at goal pace minus 10 to 20 seconds		planned intervals at goal pace minus 10 to 20 seconds		min	min
				from slowest to progressively faster.		from slowest to progressively faster.			
		10/30	Thu		0	OFF	Recovery Day	20-40	20-40
								min	min
		10/31	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery	75	30 minute Recovery Run	Recovery Day	OFF	OFF
				run easy pace					
		11/1	Sat	Long, Steady Run: 15 miles	150	Long, Steady Run: 7 miles	Plus 6 miles Core work out	13 miles	7 miles
		11/2	Sun	OFF	0	OFF	Recovery Day	XT	XT
16	Marathon	11/3	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute	90	70 Minutes: VO2 Max Intervals (Lactate): 20 minute	Build Endurance	45-55	40-50
				warm-up followed by .75 mile repeats ran at MM pace		warm-up followed by 1/2 mile repeats ran at MM pace		min	min
				or faster. Maintain pace from first to last making sure		or faster. Maintain pace from first to last making the			
				the last is just as fast or faster than the first. Repeat		last just as fast or faster than the first. Repeat for 6-7			
		11/4	Tue	for 3-4 times followed by a 15-20 minute cool down jog OFF/TB: Non stop run at FM minus 1 minute	90	times followed by a 15-20 minute cool down jog OFF	Recovery Day	XT	XT
	ŀ	11/5		90 Minutes: 10-15 minute warm up, 75-80 minutes of		75 Minutes: 10-15 minute warm up, 75-80 minutes of	Build Stamina - lactate threshold.	45-55	40-50
		11/5	vveu	planned intervals at goal pace minus 10 to 20 seconds	90	planned intervals at goal pace minus 10 to 20 seconds		#5-55 min	40-50 min
				from slowest to progressively faster.		from slowest to progressively faster.		1111111	111111
	ŀ	11/6	Thu	OFF	0	OFF	Recovery Day	20-40	20-40
		, 0			Ů		literation, East	min	min
		11/7	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery	70	OFF OR 30 to 40 minute Recovery Run	Recovery Day	OFF	OFF
				run easy pace			,	-	
		11/8	Sat	Long, Steady Run: 16 miles	160	Long, Steady Run: 9 miles	Build Endurance & Stamina. Follow up with Core Work	15 miles	9 miles
		11/9	Sun	Off	0	Off	Recovery Day	XT	XT
17	Marathon	11/10	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute	90	70 Minutes: VO2 Max Intervals (Lactate): 20 minute	Build Endurance + Stamina.	45-55	40-50
				warm-up followed by .75 mile repeats ran at MM pace		warm-up followed by .65 mile repeats ran at MM pace		min	min
				or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat		or faster. Maintain pace from first to last making sure			
				for 4-5 times followed by a 15-20 minute cool down jog		the last is just as fast or faster than the first. Repeat for 3 times followed by a 15-20 minute cool down jog			
		11/11	Tue	OFF/TB: Non stop run at FM minus 1 minute	90	OFF	Recovery Day	XT	XT
		11/12		90 Minutes: 10-15 minute warm up, 75-80 minutes of		75 Minutes: 10-15 minute warm up, 75-80 minutes of	Build Stamina - lactate threshold.	45-55	40-50
		11/12	vveu	planned intervals at goal pace minus 10 to 20 seconds		planned intervals at goal pace minus 10 to 20 seconds		45-55 min	40-50 min
				from slowest to progressively faster.		from slowest to progressively faster.		1111111	111111
l .	ŀ	11/13	Thu	OFF	0	OFF	Recovery Day	20-40	20-40
		11/13	iiid		Ŭ		Thooprony Day	min	min
				1					
		11/14	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery	65	40 to 50 minute Recovery Run	Recovery Day	OFF	OFF

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Week	Phase	Date	Day	Full Marathon	FM Time - Based Minutes	Half Marathon	Purpose	FM	Minimum HM
		11/15	Sat	Long, Steady Run: 18 miles or Houston 25K Run or Bridge Series #3 La Porte HM	180	Fast Finish Long Run: 7 miles total with the last 3 miles at goal half marathon pace or Houston 25K Run or Bridge Series #3 La Porte HM	Build Endurance & Stamina. Follow Up with Core workout	16 miles	7 miles
		11/16	Sun	Houston Classical 25K or Bridge Series #3 La Porte HM	0	Houston Classical 25K or Bridge Series #3 La Porte HM	Have a Great Run	XT	XT
18	Marathon	11/17	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 5 times followed by a 15-20 minute cool down jog	90	70 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .65 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 4 times followed by a 15-20 minute cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	40-50 min
		11/18	Tue	OFF/TB: Non-stop run at FM pace or at FM pace	90	OFF	Recovery Day	XT	XT
		11/19	Wed	90 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 15 to 25 seconds from slowest to progressively faster.	90	80 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 15 to 25 seconds from slowest to progressively faster.	Build Stamina - lactate threshold.	45-55 min	40-50 min
		11/20	Thu		0	OFF	Recovery Day	20-40 min	20-40 min
		11/21		Off or 40 to 50 minute Recovery Run/TB: Recovery run easy pace	65	40 to 50 minute Recovery Run	Recovery Day	OFF	OFF
		11/22	Sat	Fast Finish Long Run: 20 miles total with the last 8 miles at goal marathon pace	200	Long, Steady Run: 10 miles with the last 4 at goal half marathon pace	race pace, try equipment and nutritional routine.	17 miles	10 miles
		11/23	Sun	OFF	0	OFF	Recovery Day	XT	XT
19	Marathon	11/24	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 5 times followed by a 15-20 minute cool down jog	90	75 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .65 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 5 times followed by a 15-20 minute cool down jog	Build Endurance + Stamina.	45-55 min	40-50 min
		11/25	Tue	OFF/TB: Non-stop run at FM pace or at FM pace	90	OFF	Recovery Day	XT	XT
		11/26	Wed	90 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 10 to 20 seconds from slowest to progressively faster.	90	80 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 10 to 20 seconds from slowest to progressively faster.	Build Stamina - lactate threshold.	45-55 min	40-50 min
		11/27	Thu	OFF	0	OFF	Recovery Day	20-40 min	20-40 min
		11/28	Fri	Off or 40 to 50 minute Recovery Run/TB: 15 to 30 minute Warm-Up + Stride Workout: 10 to 12 times 20 seconds with 1 minute recovery jog between + 15 to 30 minute Cool-down	65	40 to 50 minute Recovery Run	Recovery Day	OFF	OFF
		11/29	Sat	Long, Steady Run: 22 miles	220	Fast Finish Long Run: 11 miles total with the last 4 miles at goal half marathon pace	Build Endurance & Stamina.	18 miles	8 miles
		11/30	Sun	OFF	0	OFF	Rest	XT	XT
20	Marathon	12/1	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 5 times followed by a 15-20 minute cool down jog	90	75 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 2 times followed by a 15-20 minute cool down jog	Build Sprint - leg turnover and lactic acid tolerance.	45-55 min	40-50 min
<u> </u>		12/2	Tue	OFF/TB: Non-stop run at FM pace or at FM pace	90	OFF	Recovery Day	XT	XT

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Week	Phase	Date	Day	Full Marathon	FM Time - Based Minutes	Half Marathon	Purpose	FM	Minimun HM
		12/3	Wed	90 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 15 to 25 seconds from slowest to progressively faster.	90	80 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 15 to 25 seconds from slowest to progressively faster.	Build endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.	45-55 min	40-50 min
		12/4	Thu	OFF	0	OFF	Recovery Day	20-40 min	20-40 min
		12/5		Off or 40 to 50 minute Recovery Run/TB: 15 to 30 minute Warm-Up + Stride Workout: 10 to 12 times 20 seconds with 1 minute recovery jog between + 15 to 30 minute Cool-down	65	OFF OR 30 to 40 minute Recovery Run	Recovery Day	OFF	OFF
		12/6	Sat	Fast Finish Long Run: 24 miles total with the last 6 miles at goal marathon pace	240	Long, Steady Run: 12 miles	Build endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine. Plus core workout	12 miles	11 miles
		12/7	Sun	OFF	0	OFF	Recovery Day	XT	XT
21	Marathon	12/8	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 6 times followed by a 15-20 minute cool down jog	90	75 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 3 times followed by a 15-20 minute cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	40-50 min
		12/9	Tue	OFF/TB: Non-stop run at FM pace or at FM pace	90	OFF	Recovery Day	XT	XT
		12/10		90 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 15 to 25 seconds from slowest to progressively faster.	90	80 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 15 to 25 seconds from slowest to progressively faster.	Build Speed - Aerobic Capacity (VO2max).	45-55 min	40-50 min
		12/11	Thu	OFF	0	OFF	Recovery Day	20-40 min	20-40 min
		12/12		OFF OR 30 to 40 minute Recovery Run/TB: Easy Recovery Run	60	40 to 50 minute Recovery Run	Recovery Day	OFF	OFF
		12/13	Sat	26 Mile Long Steady Run.	260	Fast Finish Long Run: 13 miles total with the last 5 miles at goal half marathon pace	Build endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine. Plus core workout	20 miles	8 miles
		12/14	Sun	BCS and Dallas Metro PCS Marathon	0	BCS and Dallas Metro PCS Marathon	Recovery Day	XT	XT
22	Marathon	12/15	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 5 times followed by a 15-20 minute cool down jog	0	80 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 4 times followed by a 15-20 minute cool down jog	Build Endurance + Stamina.	45-55 min	40-50 min
		12/16	Tue	OFF/TB: Long steady run FM - 1 min pace	80	OFF	Recovery Day	XT	XT
		12/17	Wed	90 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 15 to 25 seconds from slowest to progressively faster.	90	80 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 15 to 25 seconds from slowest to progressively faster.	Build Speed - Aerobic Capacity (VO2max).	45-55 min	40-50 min
		12/18	Thu		0	OFF	Recovery Day	20-40 min	20-40 min
		12/19	Fri	Off or 40 to 50 minute Recovery Run/TB: 15 to 30 minute Warm-Up + Stride Workout: 10 to 12 times 20 seconds with 1 minute recovery jog between + 15 to 30 minute Cool-down	90	40 to 50 minute Recovery Run	Recovery Day	OFF	OFF

					FM				
					Time -				
					Based				Minimum
Week	Phase	Date	Day	Full Marathon	Minutes	Half Marathon	Purpose	FM	HM
		12/20	Sat	Fast Finish Run: 180 minute thirds progression run with last third at FM goal pace minus 30 seconds	180	Fast Finish Run: 90 minute thirds progression run with the last third at HM goal pace minus 30 seconds	Build Endurance & Stamina. Plus light core workout	14 miles	7 miles
		12/21	Sun		0	OFF	Recovery Day	XT	XT
								<u> </u>	
23	Peak	12/22	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute	90	80 Minutes: VO2 Max Intervals (Lactate): 20 minute	Build Speed - Aerobic Capacity (VO2max).	45-55	40-50
				warm-up followed by .75 mile repeats ran at MM pace		warm-up followed by .75 mile repeats ran at MM pace		min	min
				or faster. Maintain pace from first to last making sure		or faster. Maintain pace from first to last making sure			
				the last is just as fast or faster than the first. Repeat		the last is just as fast or faster than the first. Repeat			
				for 6 times followed by a 15-20 minute cool down jog		for 5 times followed by a 15-20 minute cool down jog			
		12/23	Tue	OFF/TB: Non-stop run at FM pace or at FM pace	90	OFF	Recovery Day	XT	XT
		12/24		90 Minutes: 10-15 minute warm up, 75-80 minutes of	90	80 Minutes: 10-15 minute warm up, 75-80 minutes of	Build Stamina - lactate threshold.	45-55	40-50
		12/27	vvcu	planned intervals at goal pace minus 20 to 30 seconds	30	planned intervals at goal pace minus 20 to 30 seconds		min	min
				from slowest to progressively faster.		from slowest to progressively faster.		1111111	111111
		12/25	Thu	OFF	0	OFF	Recovery Day	20-40	20-40
		12/23	IIIu	011	U		Trecovery Bay	min	min
		12/26	Fri	Off or 40 to 50 minute Recovery Run/TB: Recovery	90	40 to 50 minute Recovery Run	Recovery Day	OFF	OFF
		12/20		run easy pace	00	To to do minuto recovery real	Thosprony Bay	011	0
		12/27	Sat	Long, Steady Run: 29 miles	260	Long, Steady Run: 16 miles	Build endurance, leg resistance to fatigue, practice	22 miles	12 miles
				3 , ,		3, 4444,	race pace, try equipment and nutritional routine.		
		12/28	Sun	OFF	0	OFF	Recovery Day	XT	XT
								_	
24	Peak	12/29	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute	90	80 Minutes: VO2 Max Intervals (Lactate): 20 minute	Build Sprint - leg turnover and lactic acid tolerance.	45-55	40-50
- 1	· oan	.2,20		warm-up followed by .75 mile repeats ran at MM pace	00	warm-up followed by .75 mile repeats ran at MM pace	Dania Oprimi Tog tamoror ana laoko adia toloranoo.	min	min
				or faster. Maintain pace from first to last making sure		or faster. Maintain pace from first to last making sure			
				the last is just as fast or faster than the first. Repeat		the last is just as fast or faster than the first. Repeat			
				for 6 times followed by a 15-20 minute cool down jog		for 5 times followed by a 15-20 minute cool down jog			
-		12/30	Tue	OFF/TB: Steady run FM - 1 min pace	90	OFF	Recovery Day	XT	XT
		12/31		90 Minutes: 10-15 minute warm up, 75-80 minutes of	90	80 Minutes: 10-15 minute warm up, 75-80 minutes of	Build endurance, leg resistance to fatigue, practice	45-55	40-50
		12/31	weu	planned intervals at goal pace minus 25 to 35 seconds	90	planned intervals at goal pace minus 25 to 35 seconds		min	min
				from slowest to progressively faster.		from slowest to progressively faster.	race pace, try equipment and nutitional routine.	1111111	111111
		1/1	Thu		90	OFF	Recovery Day	20-40	20-40
		17.1	IIIu	011	30		Trecovery Bay	min	min
		1/2	Fri	Off or 40 to 50 minute Recovery Run/TB: 15 to 30	90	OFF OR 30 minute Recovery Run	Recovery Day	OFF	OFF
				minute Warm-Up + Stride Workout: 10 to 12 times 20				1]
				seconds with 1 minute recovery jog between + 15 to					
				30 minute Cool-down					
		1/3	Sat	Fast Finish Long Run: 18 miles total with the last 6	180	Fast Finish Long Run: 8 miles total with the last 3	Build endurance, leg resistance to fatigue, practice	14 miles	7 miles
		.,0		miles at goal marathon pace		miles at goal half marathon pace	race pace, try equipment and nutritional routine.		
		1/4	Sun	OFF	0	OFF	Recovery Day	XT	XT
								<u> </u>	l .
25	Peak	1/5	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute	90	80 Minutes: VO2 Max Intervals (Lactate): 20 minute	Build Sprint - leg turnover and lactic acid tolerance.	45-55	40-50
-5	, oak	./5	141011	warm-up followed by .75 mile repeats ran at MM pace	30	warm-up followed by .75 mile repeats ran at MM pace	Dana opinic log turnovoi anu iactic aciu tolerance.	min	min
				or faster. Maintain pace from first to last making sure		or faster. Maintain pace from first to last making sure			'''''
				the last is just as fast or faster than the first. Repeat		the last is just as fast or faster than the first. Repeat			
				for 7 times followed by a 15-20 minute cool down jog		for 6 times followed by a 15-20 minute cool down jog			
		1/6	Tue	OFF/TB: Steady run FM - 1 min pace	90	OFF	Recovery Day	XT	XT
		1/0	iue	OTT / 12. Ottoady run Five Finish pade	3	J	Thousand Day	_ ^1	_ ^'

Week					FM Time - Based			Minimum	Minimum
	Phase	Date	Day	Full Marathon	Minutes	Half Marathon	Purpose	FM	HM
		1/7		90 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 25 to 35 seconds from slowest to progressively faster.	90	80 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 25 to 35 seconds from slowest to progressively faster.	Build endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.	45-55 min	40-50 min
		1/8	Thu	OFF	0	OFF	Recovery Day	20-40 min	20-40 min
		1/9		Off or 40 to 50 minute Recovery Run/TB: 15 to 30 minute Warm-Up + Stride Workout: 10 to 12 times 20 seconds with 1 minute recovery jog between + 15 to 30 minute Cool-down	90	OFF OR 30 minute Recovery Run	Recovery Day	OFF	OFF
		1/10		Fast Finish Run: 120 minute thirds progression run with last third at FM goal pace minus 30 seconds	160	Fast Finish Run: 90 minute thirds progression run with the last third at HM goal pace minus 30 seconds	Build endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.	9 miles	6 miles
		1/11	Sun	OFF	0	OFF	Recovery Day	XT	XT
26	Peak	1/12	Mon	30 to 45 minute Easy Run/TB: Easy Run	90	30 to 45 minute Easy Run	Build Endurance	40-45 min	30-35 min
		1/13	Tue	OFF/TB: Steady run at FM - 1 min pace	45	OFF	Recovery Day	XT	XT
		1/14		Off or 40 to 50 minute Recovery Run/TB: 15 to 20 minute Warm-Up + Stride Workout: 10 to 12 times 20 seconds with 1 minute recovery jog between + 10 to 20 minute Cool-down	65	60 Minutes: 10-15 minute warm up, 45-50 minutes of planned intervals at goal pace minus 15 to 30 seconds from slowest to progressively faster.	Build Stamina - lactate threshold speed.	40-45 min	30-35 min
		1/15	Thu	30 minute Recovery Run/TB: Recovery Run	45	30 minute Recovery Run	Build Endurance	30 min	20 min
		1/16	Fri	OFF	0	OFF	Recovery Day	OFF	OFF
		1/17	Sat	20 minute Easy Run/TB: Easy Run	20	20 minute Easy Run	Nervous Energy dissipater! :)	20 min	20 min
		1/18	Sun	Race: Houston Marathon	0	Race: Houston Half Marathon	Have fun!	RACE	RACE