

Dashing Whippets Chicago Marathon Training Plan (2017)

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Week	Weekly Miles...			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes/ Totals
	Min	Mid	Max	REST, easy run, or cross train	Long interval workout	REST, easy run, or cross train	Short interval workout	REST, easy run, or cross train	Long run	Recovery Run	
3-Jul				5	9	5	7.5	5	15	5	
1	37	42	52	45-55 min easy with strides/ drills	2M w/u; 4x50m, 2x75m uphill sprints; 4-5 Miles @ MP with two long uphill surges @ LT pace; 2M c/d	REST or 45-55 min easy with strides/ drills	2M w/u; 3-5 x Mile @ LT pace (1:30 rest); 2M c/d	REST or up to 45 min easy with strides/ drills	2:10 to 2:20 @ MP plus 45-60	REST or 45-55 min easy with strides/ drills	
10-Jul				5	8.5	5	8.5	5	16	5	
2	38	43	53	45-55 min easy with strides/ drills	2M w/u; 2x50m, 1x75m, 1x100m uphill sprints; 2-3x2M @ HMP (3:00 rest); 2M c/d	REST or 45-55 min easy with strides/ drills	2M w/u; 2400 @ 15K pace, 1M @ 15-10K pace, 2x800 @ 10K pace (400 rest); 2M c/d	REST or up to 45 min easy with strides/ drills	2:15-2:25 @ MP plus 45-60	REST or 45-55 min easy with strides/ drills	
17-Jul				5	8	5	9	5	17	5	
3	39	44	54	45-55 min easy with strides/ drills	2M w/u; 2x75m, 1x100m uphill sprints; 3-4 x 800 uphill @ 15K pace (full recovery); 2M c/d	REST or 45-55 min easy with strides/ drills	2M w/u; 3-5 x 400 (5K)/ 1200(10K) supersets (400m rest); 2M c/d	REST or up to 45 min easy with strides/ drills	2:25-2:35 @ MP plus 45-60; NYRR Long Training Run #1	REST or 45-55 min easy with strides/ drills	Note: NYRR Long Training Run #1 is Saturday 7/22
24-Jul				5	10	5	8.5	6	18	5	
4	42	47	58	45-55 min easy with strides/ drills	2M w/u; 2x75m, 2x100m uphill sprints; 4-6M Lactate Alternation run (1/2 mile @ HMP minus 10 sec/ mile then 1/2 mile @ HMP plus 15 sec/ mile); 2M c/d	REST or 45-55 min easy with strides/ drills	2M w/u, 800, 1200, 1600, 1200, 800 @ 5M pace - Teams Champs simulation (25% interval-distance recovery); 2M c/d	REST or up to 50 min easy with strides/ drills	2:35 to 2:45 @ MP plus 45-60	REST or 45-55 min easy with strides/ drills	
31-Jul				5	11	6	7	6	9	5	
5	32	37	49	45-55 min easy with strides/ drills	2M w/u; 2x75m, 2x100m uphill sprints; 5 mile tempo (first and last 2 miles @ 15K pace; middle 2 miles @ HMP); 2M c/d	REST or 50-60 min easy with strides/ drills	60 min run - first and last 15 min @ easy pace; middle 30 @ MP	REST or up to 50 min easy with strides/ drills	Team Champs (Club Points)	REST or 45-55 min easy with strides/ drills	
7-Aug				6	11	6	8.5	6	20	5	
6	45	51	63	50-60 min easy with strides/ drills	2M w/u; 7 Miles @ MP; 2M c/d	REST or 50-60 min easy with strides/ drills	2M w/u; 6-8x1K @ 10K pace (2:00 rest); 2M c/d	REST or up to 50 min easy with strides/ drills	2:50 to 3:00 @ MP plus 45-60	REST or 45-55 min easy with strides/ drills	Note: NYRR Long Training Run #2 is Sunday 8/13
14-Aug				6	9	6	6	6	18	5	
7	38	44	56	50-60 min easy with strides/ drills	2M w/u; 5 Miles @ HMP; 2M c/d	REST or 50-60 min easy with strides/ drills	6-8 miles with middle 4 miles @ MP	REST or up to 50 min easy with strides/ drills	2:35 to 2:45 @ MP plus 45-60	REST or 45-55 min easy with strides/ drills	
21-Aug				6	13	6	11	6	20	5	
8	49	55	67	50-60 min easy with strides/ drills	2M w/u; 64 minutes on hilly course @ MP; 2M c/d	REST or 50-60 min easy with strides/ drills	2M w/u; 10-12 Canova Ks; 2M c/d	REST or up to 50 min easy with strides/ drills	2:50 to 3:00 @ MP plus 45-60	REST or 45-55 min easy with strides/ drills	
28-Aug				6	10	6	6	6	18	5	
9	39	45	57	50-60 min easy with strides/ drills	2M w/u; 6 Miles @ HMP; 2M c/d	REST or 50-60 min easy with strides/ drills	48-64 min with middle 24 minutes @ MP	REST or up to 50 min easy with strides/ drills	18 miles @ 5% slower than MP	REST or 45-55 min easy with strides/ drills	

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4-Sep				6	12	6	12	6	20	5		
10	49	55	67	50-60 min easy with strides/ drills	2M w/u; 8 Miles @ MP; 2M c/d	REST or 50-60 min easy with strides/ drills	2M w/u; 12-14 Canova Ks; 2M c/d	REST or up to 50 min easy with strides/ drills	20-mile Progression run	REST or 45-55 min easy with strides/ drills		
11-Sep				6	11	8	9.5	6	22	6		
11	49	55	69	50-60 min easy with strides/ drills	2M w/u; 3x2M @ HMP on hilly course (3:00 rest); 2M c/d	70-90 min easy with strides/ drills	2M w/u; 5-6x1M @ LT pace (1:30 rest); 2M c/d	REST or up to 50 min easy with strides/ drills	22 miles @ MP plus 45-60	NYRR Marathon Tune-up or 50-60 min easy	Whippet Run on Saturday or NYRR Marathon Tune-Up on Sunday	
18-Sep				6	14	6	11	6	20	5		
12	50	56	68	50-60 min easy with strides/ drills	2M w/u; 72-80 minutes @ MP; 2M c/d	REST or 50-60 min easy with strides/ drills	2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d (Williamsburg Bridge)	REST or up to 50 min easy with strides/ drills	2:50 to 3:00 @ MP plus 45-60	REST or 45-55 min easy with strides/ drills		
25-Sep				4	10	4	3.5		12	4		
13	30	34	38	35 min easy with strides/ drills	85 min with middle 4 miles @ MP	35 min easy with strides/ drills	30-40 min easy with strides/ drills	REST	12 miles easy with last 2 miles @ MP	35 min easy with strides/ drills		
2-Oct				4	6		3.5		2	26.2		
14	38	42	42	35 min easy with strides/ drills	50-60 min easy with strides/ drills	REST	30 min easy with strides/ drills	REST	REST or 10-20 min shakeout	Chicago Marathon		