

Dashing Whippets 2018 Training Plan for the New Jersey Marathon					Overview:		This <i>advanced</i> 18-week plan helps runners prepare for the New Jersey Marathon. Experienced runners should have logged at least 40 miles per week for at least a month before beginning this plan and feel comfortable with completing two workouts per week throughout the cycle						
Sample	Purpose	Wkly Min	Wkly Mid	Wkly Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes	
					Recovery Run	Long interval workout	Crosstrain, Yoga, rest or easy run	Short interval workout	Crosstrain, rest or easy run	Long run	Recovery Run		
25-Dec					5	8.5	5	8	4	13	5		
1	Base building & aerobic conditioning	39.5	44.5	48.5	40-55 min easy w/ strides & drills	2M w/u; 2M @ HMP (3:00 rest); 4x400 uphill (down rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 2 x 2M @ LT (3:00 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	1:45 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills		
1-Jan					5	8	5	7.5	4	14	5		
2	Aerobic conditioning & neuromuscular fitness	39.5	44.5	48.5	40-55 min easy w/ strides & drills	2M w/u; 4M @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 5-6 x K @ 10K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	1:50 to 2:00 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills	Joe Kleinerman 10K on Saturday	
8-Jan					5	7	5	8	4	14	5		
3	Aerobic conditioning & neuromuscular fitness	39	44	48	40-55 min easy w/ strides & drills	2M w/u; 8-10 x 400m uphill @ 10K pace (downhill rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 3-4 x Mile @ 15K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	2:00-2:15 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills		
15-Jan					5	8.5	5	8.5	4	6	16		
4	Aerobic conditioning & neuromuscular fitness	44	49	53	40-55 min easy w/ strides & drills	2M w/u; 2-3 x 2M @ HMP (3:00 rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 6-8 x 800m @ 5K pace (2:30 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	50 min easy w/ strides & drills	Fred Lebow Half Marathon (3M w/u)		
22-Jan					5	9	5	8	4	16	5		
5	Aerobic conditioning & neuromuscular fitness	43	48	52	40-55 min easy w/ strides & drills	2M w/u; 5M @ HMP; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 4-6 x 1200m @ 10K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	2:15 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills		
29-Jan					6	11	5	9	5	16.5	5		
6	Aerobic conditioning & neuromuscular fitness	47.5	52.5	57.5	50-60 min easy w/ strides & drills	2M w/u; 3x15 min @ MP on hilly course (2:00 rest) ; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 8-10 Canova Ks; 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	2:20-2:30 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills	Gridiron 4M on Sunday	
5-Feb					6	8	5	11	5	17.5	5		
7	Aerobic conditioning & neuromuscular fitness	47.5	52.5	57.5	50-60 min easy w/ strides & drills	2M w/u; 4-6M continuous run alt pace; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	2:30-2:45 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills	Thursday: Williamsburg Bridge or Prospect Park hill workout	
12-Feb					6	9	5	10	5	20	5		
8	Aerobic conditioning & neuromuscular fitness	50	55	60	50-60 min easy w/ strides & drills	2M w/u; 4-5M @ HMP; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 10-12 Canova Ks; 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	20 mile easy run (MP + 45-60 sec/ mile)	40-55 min easy w/ strides & drills		
19-Feb					6	10.5	5	10.5	5	18	5		
9	Aerobic conditioning & neuromuscular fitness	50	55	60	50-60 min easy w/ strides & drills	2M w/u; 3 x 2M @ LT (3:00 rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 2x1200 @ 10K; 3x800 @ 5K; 4x400 @ >5K (2:30/ 2:00/ 1:30 rest); 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	2:35-2:50 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills	Al Gordon 4M on Saturday	
26-Feb					7	12.5	6	9.5	5	13	7		
10	Aerobic conditioning & neuromuscular fitness	49	55	60	55-70 min easy w/ strides & drills	2M w/u; 60 min @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 50 min easy w/ strides & drills	2M w/u; 4-5x1M @ LT pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	13-15 miles if racing; 15-17 if not	Washington Heights 5K (2M w/u and 2M c/d)		
5-Mar					6	10	6	11	6	18	5		
11	Aerobic conditioning & neuromuscular fitness	50	56	62	50-60 min easy w/ strides & drills	2M w/u; 8-10 Canova Ks; 2M c/d OR 10-12 miles if raced	Crosstrain/ Yoga/ 0 to 50 min easy w/ strides & drills	2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d	Crosstrain/ 0 to 50 min easy w/ strides & drills	2:35-2:50 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills	Thursday: Williamsburg Bridge or Prospect Park hill workout	
12-Mar					7	11	6	8	6	4	17		
12	Specific endurance	47	53	59	55-70 min easy w/ strides & drills	2M w/u; 60 min @ MP on hilly course; 2M c/d	Crosstrain/ Yoga/ 0 to 50 min easy w/ strides & drills	2M w/u; 2M @ HMP 2 x 800 @ 10K pace (2:30/ 1:30 rest); 2M c/d	Crosstrain/ 0 to 50 min easy w/ strides & drills	REST or 32 min easy w/ strides & drills	NYC Half (2M w/u and 2M c/d)	Key event during training cycle	
19-Mar					5	11	6	10	6	20	5		
13	Specific endurance	51	57	63	40-55 min easy w/ strides & drills	90-100 min easy with strides & drills	Crosstrain/ Yoga/ 0 to 50 min easy w/ strides & drills	2M w/u; 10-12 Canova Ks; 2M c/d	Crosstrain/ 0 to 50 min easy w/ strides & drills	Easy run (MP + 45-60 sec/ mile)	40-55 min easy w/ strides & drills		
26-Mar					7	12.5	6	10	6	20	5		
14	Specific endurance	54.5	60.5	66.5	55-70 min easy w/ strides & drills	2M w/u; 70 min @ MP on hilly course; 2M c/d	Crosstrain/ Yoga/ 0 to 50 min easy w/ strides & drills	2M w/u; 1200/ 1600/ 2000/ 1600/ 1200 @ LT pace (2:00 rest); 2M c/d	Crosstrain/ 0 to 50 min easy w/ strides & drills	20 miles @ 5% slower than MP if not racing	40-55 min easy w/ strides & drills		
2-Apr					7	13	7	11.5	5	22	5		
15	Specific endurance	58.5	65.5	70.5	55-70 min easy w/ strides & drills	2M w/u; 4x15 min @ MP (2:00 rest) ; 2M c/d	Crosstrain/ Yoga/ 0 to 60 min easy w/ strides & drills	2M w/u; 12-14 Canova Ks; 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	22-23 miles	40-55 min easy w/ strides & drills	Highest mileage week; UAE 10K on Sunday (people should avoid)	
9-Apr					7	13.5	5	10.5	5	20	5		
16	Specific endurance	56	61	66	55-70 min easy w/ strides & drills	2M w/u; 80 min @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 3M @ MP (3:00 rest), 2M @ HMP (2:00 rest), 1M @ 10K pace; 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	Easy run (MP + 45-60 sec/ mile) or Progression run	40-55 min easy w/ strides & drills		
16-Apr					5	9	5	7.5	4	12	4		
17	Specific endurance & lactate clearance	37.5	42.5	46.5	40-55 min easy w/ strides & drills	75-85 min w/ 4-5 miles @ MP	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	60 minutes easy	Crosstrain/ 0 to 32 min easy w/ strides & drills	12 miles easy with last 2 miles @ MP	35 min easy w/ strides & drills		
23-Apr					4	7.5	4	4	2	2	26		
18	Specific endurance & lactate clearance	43.5	47.5	49.5	0 to 32 min easy w/ strides & drills	60 minutes with final 2 miles @ MP	Crosstrain/ Yoga/ 0 to 32 min easy w/ strides & drills	Crosstrain/ 0 to 32 min easy w/ strides & drills	REST or 10-15 min shakeout	REST or 10-15 min shakeout	N.J Marathon!!!		