

**Dashing Whippets 2021 Training Plan for the Chicago & Boston Marathons (Advanced Plan)**

This *advanced* 14-week plan helps runners prepare for the Chicago and Boston Marathons. Experienced runners should have logged at least 40 miles per week for at least a month, long run of 15 miles before beginning this plan and feel comfortable with completing two workouts per week throughout the cycle

**Overview:**

Week	Purpose	Weekly Miles...			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Min	Mid	Max	Recovery Run	Long interval workout	REST, easy run, or cross train	Short interval workout	REST, easy run, or cross train	Long run	REST, easy run, or cross train
5-Jul	Aerobic conditioning & neuromuscular fitness	40	44	49	5	9	4	7	5	14	5
1					45-55 min easy with strides/ drills	1.5M w/u; 4-6 x Mile @ HMP; 1-1.5M c/d	Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills	1.5M w/u; 5-6 Cut down 800s: first rep @ HMP, each successive rep ~5sec faster (last rep ~3k pace) (jog 400m after each); 1-1.5M c/d	REST or up to 45 min easy with strides/ drills	2:00 to 2:10 @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
12-Jul					5	7	4	7	5	15	5
2					45-55 min easy with strides/ drills	1.5M w/u; 4M @ HMP; 1-1.5M c/d	Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills	1.5M w/u; 8-12 x 400m @ 5K pace (1:30 rest); 1-1.5M c/d	REST or up to 45 min easy with strides/ drills	2:10 to 2:20 @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
19-Jul					5	8	4	7	5	16	5
3					45-55 min easy with strides/ drills	1.5M w/u; 4-6M Progression run (first mile @ MP, drop ~10 sec/ mile each mile); 1-1.5M c/d	Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills	1.5M w/u, 5x1200m @ 10k pace, 4x200m @ 3k pace (400m/ 200m rest); 1-1.5M c/d	REST or up to 45 min easy with strides/ drills	2:15 to 2:25 @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
26-Jul					5	7.5	5	8	5	17	5
4	45-55 min easy with strides/ drills	1.5M w/u; 5M @ MP; 1-1.5M c/d	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	1.5M w/u; 800m, 1200m, 1600m, 2000m, 1600m, 1200m, 800m @ 10k pace (400m after 1600s,200m after others); 1-1.5M c/d	REST or up to 45 min easy with strides/ drills	2:30 to 2:40 @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills				
2-Aug	Specific endurance	35	40	45	6	8	5	7	5	9	5
5					50-60 min easy with strides/ drills	1.5M w/u; 4M @ HMP (3:00 rest), 800m @ 5k pace (3:00 rest), 2x200m @ Mile pace (1:00 rest); 1-1.5M c/d	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	1.5M w/u; 8-12 x 400m @ 5K pace (1:30 rest); 1-1.5M c/d	REST or up to 45 min easy with strides/ drills	Governor's Island 5K/ 10K (NYCRuns)	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
9-Aug					6	9	5	9	5	18	5
6	50-60 min easy with strides/ drills	2M w/u; 5-6 Miles @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	2M w/u; 3-4 x Mile @ LT pace (1:30 rest); 2M c/d	REST or up to 45 min easy with strides/ drills	2:35 to 2:45 @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills				
16-Aug	Specific endurance	49	55	60	6	10	6	8	5	20	5
7					50-60 min easy with strides/ drills	2M w/u; 7-8 Miles @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u; 2 x 3 x 800m @ 10K pace (200m b/w interval; 400m b/w sets); 2M c/d	REST or up to 45 min easy with strides/ drills	20 miles @ MP plus 45-60 sec/ mile seconds	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills

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		Min	Mid	Max	Recovery Run	Long interval workout	REST, easy run, or cross train	Short interval workout	REST, easy run, or cross train	Long run	REST, easy run, or cross train
23-Aug	Specific endurance	46	52	57	6	9	6	7.5	5	18	5
8					50-60 min easy with strides/ drills	2M w/u; 10-12 Canova Ks; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u; 2400m @ LT pace, 1600m @ 10K pace, 800m @ 5K pace (400m rest); 2M c/d	REST or up to 45 min easy with strides/ drills	2:35 to 2:45 @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
30-Aug					6	12	6	8.5	5	20	5
9					50-60 min easy with strides/ drills	2M w/u; 56 minutes on hilly course @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u; 4-6 x 1K @ 10K pace (400m rest); 2M c/d	REST or up to 45 min easy with strides/ drills	20+ miles @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
6-Sep					6	9	6	8	5	20	5
10					50-60 min easy with strides/ drills	2M w/u; 5-6 Miles @ HMP; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u; 4M progression first 400 @ MP then increasing 1-2 seconds per 400m; 2M c/d	REST or up to 45 min easy with strides/ drills	20-mile Progression run	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
13-Sep					6	11	6	9.5	5	22	5
11					50-60 min easy with strides/ drills	2M w/u; 64-72 minutes @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u; 8-10 x 800 @ 10K pace (1:30 rest); 2M c/d	REST or up to 45 min easy with strides/ drills	22 miles @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
20-Sep					6	14	6	9.5	5	18	5
12					50-60 min easy with strides/ drills	2M w/u; 72-80 minutes @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u; 3xMile @ LT pace (1:30 rest), 2x800 @ LT pace (2:00 rest), 4x200 (1:30 rest); 2M c/d	REST or up to 45 min easy with strides/ drills	17-20 miles @ MP plus 45-60 sec/ mile seconds	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
27-Sep					4	10	4	3.5		12	5
13					35 min easy with strides/ drills	85 min with middle 4 miles @ MP	Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills	30-40 min easy with strides/ drills	REST	12 miles easy with last 2 miles @ MP	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
4-Oct					4	6		3.5	2	2	26.2
14					35 min easy with strides/ drills	50-60 min easy with strides/ drills	REST	30 min easy with strides/ drills	REST or 10-20 min shakeout	REST or 10-20 min shakeout	Chicago Marathon! Boston on Monday!