

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

This *intermediate* 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

Week	Purpose	Weekly Miles...			Overview:						
		Min	Mid	Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Recovery Run	Long interval workout	REST, easy run, or cross train	Longer midweek recovery run	REST, easy run, or cross train	Long run	REST, easy run, or cross train
5-Jul	1	35	40	44	5	9	4	7		14	5
					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	60-65 min easy with strides/ drills	REST	2:00 to 2:10 @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
12-Jul	2	34	39	43	5	7	4	7		15	5
					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	60-65 min easy with strides/ drills	REST	2:10 to 2:20 @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
19-Jul	3	36	41	46	5	8	5	7		16	5
					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 45 min easy w/ strides & drills	60-65 min easy with strides/ drills	REST	2:15 to 2:25 @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
26-Jul	4	37	42	47	5	7.5	5	7		17	5
					45-55 min easy with strides/ drills	1.5M w/u; 5M @ MP; 1-1.5 M c/d	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	60-65 min easy with strides/ drills	REST	2:30 to 2:40 @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
2-Aug	5	30	35	40	6	8	5	7		9	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	60-65 min easy with strides/ drills	REST	Governor's Island 5K/ 10K (NYCRuns)	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
9-Aug	6	40	45	50	6	9	5	7		18	5
					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	60-65 min easy with strides/ drills	REST	2:35 to 2:45 @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
16-Aug	7	43	48	54	6	10	6	7		20	5
					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	60-65 min easy with strides/ drills	REST	20 miles @ MP plus 45-60 sec/ mile seconds	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
23-Aug	8	41	46	52	6	9	6	8		18	5
					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	70-75 min easy with strides/ drills	REST	2:35 to 2:45 @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills

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					Recovery Run	Long interval workout	REST, easy run, or cross train	Longer midweek recovery run	REST, easy run, or cross train	Long run	REST, easy run, or cross train
30-Aug	9	46	51	57	6	12	6	8		20	5
					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	70-75 min easy with strides/ drills	REST	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	
6-Sep	10	43	48	54	6	9	6	8		20	5
					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	70-75 min easy with strides/ drills	REST	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	
13-Sep	11	47	52	58	6	11	6	8		22	5
					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	70-75 min easy with strides/ drills	REST	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	
20-Sep	12	46	51	57	6	14	6	8		18	5
					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	70-75 min easy with strides/ drills	REST	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	
27-Sep	13	30	35	39	4	10	4	3.5		12	5
					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	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	
4-Oct	14	42	42	44	4	6		3.5	2	2	26.2
					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!