

Dashing Whippets 2021 Training Plan for the New York City Marathon (Advanced Plan)

This *advanced* 18-week plan helps runners prepare for the New York City 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

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 | Base building & aerobic conditioning | 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 | 14 | 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 | 2:00 to 2:10 @ MP plus 45-60 sec/ mile | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 2-Aug | 5 | 8 | 5 | 7 | 5 | 9 | 5 | | | | |
| 5 | 45-55 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 | 8.5 | 5 | 9 | 5 | 16 | 5 | | | | |
| 6 | 50-60 min easy with strides/ drills | 2M w/u; 4-5 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 | 2:15 to 2:25 @ MP plus 45-60 sec/ mile | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills | | | | |
| 16-Aug | 6 | 10 | 5 | 8 | 5 | 17 | 5 | | | | |
| 7 | 50-60 min easy with strides/ drills | 2M w/u; 6 Miles @ MP; 2M c/d | Crosstrain/ Yoga/ 0 to 45 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 | 2:35 to 2:45 @ MP plus 45-60 sec/ mile | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills | | | | |
| 23-Aug | 6 | 9 | 6 | 7.5 | 5 | 18 | 5 | | | | |
| 8 | 50-60 min easy with strides/ drills | 2M w/u; 8-10 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 | 2:40 to 2:50 @ MP plus 45-60 sec/ mile | 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 |
| 30-Aug | 9 | 49 | 55 | 60 | 6 | 12 | 6 | 8.5 | 5 | 17 | 5 |
| 6-Sep | | | | | 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 | 2:35 to 2:45 @ MP plus 45-60 sec/ mile | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 10 | 10 | 48 | 54 | 59 | 6 | 9 | 6 | 8 | 5 | 20 | 5 |
| 13-Sep | | | | | 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+ miles @ MP plus 45-60 sec/ mile | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 11 | 11 | 50 | 56 | 61 | 6 | 11 | 6 | 9.5 | 5 | 18 | 5 |
| 20-Sep | | | | | 50-60 min easy with strides/ drills | 2M w/u; 7 Miles @ 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 | 18+ miles @ MP plus 45-60 sec/ mile | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 12 | 12 | 48 | 54 | 59 | 6 | 12 | 6 | 9.5 | 5 | 5 | 15 |
| 27-Sep | | | | | 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; 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 | REST or up to 45 min easy with strides/ drills | Bronx 10-miler (Club Points); 2-3M w/u, race, 1-2M c/d |
| 13 | 13 | 53 | 59 | 64 | 6 | 12 | 6 | 10 | 5 | 20 | 5 |
| 4-Oct | | | | | 50-60 min easy with strides/ drills | If raced or tired from long run: 100-110 min easy with strides/ drills. 2M w/u; 6 miles @ HMP; 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u, 4x2K @ LT pace (2:00 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 |
| 14 | 14 | 51 | 57 | 62 | 5 | 12 | 6 | 8.5 | 5 | 20 | 5 |
| 11-Oct | | | | | 45-55 min easy with strides/ drills | 2M w/u; 72 minutes on hilly course @ MP; 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u, 5x1200m @ 10k pace, 4x200m @ 3k pace (400m/ 200m rest); 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 |
| 15 | 15 | 52 | 58 | 63 | 6 | 10 | 6 | 9 | 5 | 22 | 5 |
| 18-Oct | | | | | REST or 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, 3-4x2K @ LT pace (2:00 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 |
| 16 | 16 | 50 | 56 | 61 | 6 | 12 | 6 | 9 | 5 | 18 | 5 |
| 25-Oct | | | | | 50-60 min easy with strides/ drills | 2M w/u; 72 minutes on hilly course @ MP; 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u; 5-6 x 1K @ 10K pace (400m rest); 2M c/d | REST or up to 45 min easy with strides/ drills | 17 to 20 miles @ MP plus 45-60 sec/ mile | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 17 | 17 | 35 | 39 | 39 | 4 | 10 | 4 | 3.5 | | 12 | 5 |
| 1-Nov | | | | | 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 |
| 18 | 18 | 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 | NYC Marathon! |