

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

This *intermediate* 18-week plan helps runners prepare for the New York City Marathon. Intermediate runners should have logged 30-35 miles per week for at least a month before beginning this plan. This plan is designed for those who have completed a marathon(s) in the past but may have done little-to-no speedwork in training for previous marathons

### 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	Longer midweek recovery run	REST	Long run	REST, easy run, or cross train
5-Jul	Base building & aerobic conditioning	35	40	44	5	9	4	7	REST	14	5
12-Jul					5	7	4	7	REST	15	5
19-Jul					5	8	4	7	REST	16	5
26-Jul					5	7.5	5	7	REST	14	5
2-Aug					5	8	5	7	REST	9	5
9-Aug					6	8.5	5	7	REST	16	5
16-Aug					6	10	5	7	REST	17	5
23-Aug					6	9	6	8	REST	18	5
	Aerobic conditioning & neuromuscular fitness	34	39	43	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
					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
					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	60-65 min easy with strides/ drills	REST	2:15-2:25 @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
					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	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
					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	60-65 min easy with strides/ drills	REST	Governor's Island 5K/ 10K (NYCRuns)	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
					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	60-65 min easy with strides/ drills	REST	2:15-2:25 @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
					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	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
					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	70-75 min easy with strides/ drills	REST	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	Longer midweek recovery run	REST	Long run	REST, easy run, or cross train
30-Aug	9	43	48	54	6	12	6	8		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	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
6-Sep	10	43	48	54	6	9	6	8		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	70-75 min easy with strides/ drills	REST	20+ miles @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
13-Sep	11	43	48	54	6	11	6	8		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	70-75 min easy with strides/ drills	REST	18+ miles @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
20-Sep	12	31	46	52	6	12	6	8		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	70-75 min easy with strides/ drills	REST	REST or up to 45 min easy with strides/ drills	Bronx 10-miler (Club Points); 2-3M w/u, race, 1-2M c/d
27-Sep	13	47	52	58	6	12	6	9		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	80-85 min easy with strides/ drills	REST	20+ miles @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
4-Oct	14	46	51	57	5	12	6	9		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	80-85 min easy with strides/ drills	REST	20-mile Progression run	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
11-Oct	15	47	52	58	6	10	6	9		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	80-85 min easy with strides/ drills	REST	22 miles @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
18-Oct	16	43	48	54	6	12	6	7		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	60-65 min easy with strides/ drills	REST	17-20 miles @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
25-Oct	17	33	38	42	4	10	4	7		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	60-65 min easy with strides/ drills	REST	12 miles easy with last 2 miles @ MP	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
1-Nov	18	38	42	44	4	6		3.5	2	2	26.2
1-Nov					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!