

Dashing Whippets 2021 Training Plan for the Philadelphia Marathon (Advanced Plan)

This *advanced* 15-week plan helps runners prepare for the Philadelphia 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. Ideally, runners should have followed the short distance plan through Team Champs

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
9-Aug	Aerobic conditioning & neuromuscular fitness	42	47	53	5	8.5	5	9	6	14	5
1					45-55 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 50 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
16-Aug					5	10	5	8	6	15	5
2					45-55 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 50 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
23-Aug					6	9	5	7.5	6	16	5
3					50-60 min easy with strides/ drills	2M w/u; 6-8 Canova Ks; 2M c/d	Crosstrain/ Yoga/ 0 to 45 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 50 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
30-Aug					6	10	5	8.5	6	16	5
4	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; 4-6 x 1K @ 10K pace (400m rest); 2M c/d	REST or up to 50 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				
6-Sep	Aerobic conditioning & neuromuscular fitness	45	51	57	6	9	6	8	6	17	5
5					50-60 min easy with strides/ drills	2M w/u; 4-5 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 50 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
13-Sep					6	10	6	9.5	6	18	5
6	Specific endurance	49	55	61	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; 8-10 x 800 @ 10K pace (1:30 rest); 2M c/d	REST or up to 50 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
20-Sep	Specific endurance	46	52	58	6	10	6	9.5	6	5	15
7					50-60 min easy with strides/ drills	2M w/u; 56-64 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 50 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

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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
27-Sep	8	51	57	63	6	12	6	10	6	18	5
					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 50 min easy with strides/ drills	18+ miles @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
4-Oct	9	51	57	62	6	11	6	8.5	5	20	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	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+ miles @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
11-Oct	10	48	54	59	6	10	6	9	5	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	2M w/u, 3-4x2K @ LT pace (2:00 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
18-Oct	11	51	57	62	5	12	6	9	5	20	5
					45-55 min easy with strides/ drills	2M w/u; 72 minutes @ 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	20-mile Progression run	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
25-Oct	12	55	61	67	6	11	6	11	6	22	5
					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, 4x2K @ LT pace (2:00 rest), 2M c/d	REST or up to 50 min easy with strides/ drills	22 miles @ MP plus 45-60 sec/ mile	REST or 45-55 min easy with strides/ drills
1-Nov	13	51	57	63	6	12	6	10	6	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	2M w/u; 10-12 Canova Ks; 2M c/d	REST or up to 50 min easy with strides/ drills	17-20 miles @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
8-Nov	14	35	39	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	12 miles easy with last 2 miles @ MP	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
15-Nov	15	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	Philly Marathon!