

## Dashing Whippets 2021 Training Plan for the Philadelphia Marathon (Intermediate Plan)

This *intermediate* 15-week plan helps runners prepare for the Philadelphia 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, easy run, or cross train	Long run	REST, easy run, or cross train
9-Aug	Aerobic conditioning & neuromuscular fitness	35	40	45	5	8.5	5	7		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	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
16-Aug					5	10	5	7		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	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
23-Aug					6	9	5	7		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	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
30-Aug					6	10	5	7		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	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				
6-Sep	Aerobic conditioning & neuromuscular fitness	40	45	51	6	9	6	8		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	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
13-Sep					6	10	6	8		18	5
6	Specific endurance	42	47	53	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
20-Sep	Specific endurance	29	44	50	6	10	6	8		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	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

## Dashing Whippets 2021 Training Plan for the Philadelphia Marathon (Intermediate Plan)

This *intermediate* 15-week plan helps runners prepare for the Philadelphia 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, easy run, or cross train	Long run	REST, easy run, or cross train
27-Sep	8	44	49	55	6	12	6	8		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	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
4-Oct	9	45	50	56	6	11	6	8		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	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
11-Oct	10	42	47	53	6	10	6	8		18	5
					50-60 min easy with strides/ drills	2M w/u; 6M @ HMP; 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
18-Oct	11	45	50	56	5	12	6	8		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	70-75 min easy with strides/ drills	REST	20-mile Progression run	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
25-Oct	12	47	52	58	6	11	6	8		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	70-75 min easy with strides/ drills	REST	22 miles @ MP plus 45-60 sec/ mile	REST or 45-55 min easy with strides/ drills
1-Nov	13	44	49	55	6	12	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	17-20 miles @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
8-Nov	14	33	38	42	4	10	4	7		12	5
					Specific endurance & lactate clearance	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
15-Nov	15	38	42	44	4	6		3.5	2	2	26.2
					Specific endurance & lactate clearance	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