

## Dashing Whippets 2022 Training Plan for the Boston Marathon

This 15-week plan helps runners prepare for the Boston Marathon. Where possible, many of the Tuesday **Overview:** tempo runs should include extended sections of both uphill and downhill to simulate terrain as much as possible

Week	Wkly Min	Wkly Mid	Wkly Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
				Recovery Run	Long interval workout	Cardio Xtrain, Yoga, rest or easy run	Short interval workout	Cardio Crosstrain, rest or easy run	Long run	Recovery Run & strength session				
3-Jan	39	44	48	5 45-50 min easy w/ strides & drills	8 2M w/u; 4M @ MP; 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	8 2M w/u; 4-6 x 1200m @ 10K pace (1:30 rest); 2M c/d	4 Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills	13 1:45 @ MP plus 45-60 sec/ mile	5 45-50 min easy w/ strides, drills & strength session				
10-Jan				2	40	45	49	5 45-50 min easy w/ strides & drills	8 2M w/u; 3-4 x 1K @ 10K pace (1:00 rest); 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	7.5 2M w/u; 400m/ 800m/ 1200m/ 1200m/ 800m/ 400m @ 10K pace (1:30 rest); 2M c/d	4 Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills	14 1:50 to 2:00 @ MP plus 45-60 sec/ mile	5 45-50 min easy w/ strides, drills & strength session
17-Jan				3	42	47	51	5 45-50 min easy w/ strides & drills	7 2M w/u; 8-10 x 400m uphill @ 10K pace (downhill rest); 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	7.5 2M w/u; 3 x Mile @ LT pace (1:30 rest); 2M c/d	4 Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills	6 45-50 min easy w/ strides, drills & strength session	16 Fred Lebow Half Marathon (3M w/u)
24-Jan				4	43	48	53	5 45-50 min easy w/ strides & drills	10 2M w/u; 2M @ MP, 2:00 rest, 4 x 400 @ 10K with 1:00 rest, 2M @ MP; 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	8 2M w/u; 6 x 800 @ 5K pace (2:00 rest), 2M c/d	5 Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	15 2:00 to 2:10 @ MP plus 45-60 sec/ mile	5 45-50 min easy w/ strides, drills & strength session
31-Jan				5	47	52	57	6 50-60 min easy w/ strides & drills	10.5 2M w/u; 3 x 2M @ HMP (3:00 rest); 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	9 2M w/u; 8-10 Canova Ks; 2M c/d	5 Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	16 2:10 to 2:20 @ MP plus 45-60 sec/ mile	5 45-50 min easy w/ strides, drills & strength session
7-Feb				6	48	53	58	6 50-60 min easy w/ strides & drills	8.5 2M w/u; 4 x 1K @ 10K pace (1:00 rest); 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	11 2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d	5 Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	17 16-18 miles @ MP plus 45-60 sec/ mile	5 45-50 min easy w/ strides, drills & strength session
14-Feb				7	49	54	59	6 50-60 min easy w/ strides & drills	10 2M w/u; 2 x 3M @ MP (2:00 rest); 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	10 2M w/u; 10-12 Canova Ks; 2M c/d	5 Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	18 2:20 to 2:30 @ MP plus 45-60 sec/ mile	5 45-50 min easy w/ strides, drills & strength session
21-Feb				8	52	57	63	6 50-60 min easy w/ strides & drills	11.5 2M w/u; 55 min @ MP; 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	9.5 2M w/u; 4 x (4 x 400) @ HMP/ LT/ 10K/ 5K pace (1:00/ 2:00 rest); 2M c/d	6 Cardio Crosstrain/ 0 to 50 min easy w/ strides & drills	20 20 miles @ MP plus 45-60 sec/ mile	5 45-50 min easy w/ strides, drills & strength session

Week	Wkly Min	Wkly Mid	Wkly Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Recovery Run	Long interval workout	Cardio Xtrain, Yoga, rest or easy run	Short interval workout	Cardio Crosstrain, rest or easy run	Long run	Recovery Run & strength session
28-Feb	52	58	64	6	11.5	6	11	6	18	5
9				50-60 min easy w/ strides & drills	2M w/u; 60 min @ MP; 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d	Cardio Crosstrain/ 0 to 50 min easy w/ strides & drills	18 miles @ MP plus 45-60 sec/ mile (or 90min easy if racing 5K on Sunday)	45-50 min easy w/ strides, drills & strength session
7-Mar				6	11.5	6	9.5	6	20	5
10				50-60 min easy w/ strides & drills	2M w/u; 12-14 Canova Ks; 2M c/d OR 10-12 miles if raced	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u; 3xMile @ LT pace (1:30 rest), 2x800 @ 10K pace (2:00 rest), 4x200 (1:30 rest); 2M c/d	Cardio Crosstrain/ 0 to 50 min easy w/ strides & drills	20 miles @ MP plus 45-60 sec/ mile	45-50 min easy w/ strides, drills & strength session
14-Mar				6	13	6	9.5	6	4	17
11				50-60 min easy w/ strides & drills	2M w/u; 70 min @ MP on hilly course (max = 10 miles); 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u; 5-6xMile @ LT pace (1:30 rest); 2M c/d	Cardio Crosstrain/ 0 to 50 min easy w/ strides & drills	30-35 min easy w/ strides, drills & strength session	NYC Half (2M w/u and 2M c/d), OR: 5M easy, 4M @ MP, 3M easy, 2M @ MP, 1M easy, 1M @ MP
21-Mar				5	11	7	10.5	5	22	5
12				REST or 40-55 min easy w/ strides & drills	~90 min easy with strides & drills	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u; 2x1200 @ 10K; 3x800 @ 5K; 4x400 @ >5K (2:30/ 2:00/ 1:30 rest); 2M c/d	Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	22+ miles @ MP plus 45-60 sec/ mile	45-50 min easy w/ strides, drills & strength session
28-Mar	6	14	5	8	5	18	5			
13	50-60 min easy w/ strides & drills	2M w/u; 80 min @ MP (max = 12 miles); 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u; 4-6 x 1200m @ 10K pace (1:30 rest); 2M c/d	Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	18 mile progression run: 12M easy, 3M @ MP plus 15-20 sec/ mile; 3M @ MP	45-50 min easy w/ strides, drills & strength session			
4-Apr	6	9	5	8	4	12	4			
14	50-60 min easy w/ strides & drills	70-75 min w/ 4-5 miles @ MP	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u; 4-6 x 800m @ 10K pace (1:30 rest); 2M c/d	Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills	12 miles with last 2 miles @ MP	30-35 min easy w/ strides, drills & strength session			
11-Apr	5	7.5	4	5	4	2	2			
15	40-55 min easy w/ strides & drills	60 minutes w/ final 2 miles @ MP	Cardio Crosstrain/ Yoga & Strength/ 0 to 32 min easy w/ strides & drills	40-50 min easy w/ 4x100m strides	Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills	REST or 10-15 min shakeout	Sunday: Rest or 10-15 min shakeout Monday: Boston Marathon!!!			