

**Dashing Whippets 2022 Training  
Plan for the Brooklyn Marathon  
(Advanced)**

**Overview:** This *advanced* 16-week plan helps runners prepare for the Brooklyn Marathon. Runners should have logged at least 30 miles per week for at least a month before beginning this plan, with occasional speed sessions (tempo runs, hills, short speed intervals).

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

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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				6	11.5	6	11	6	18	5
<b>9</b>	52	58	64	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
<b>10</b>	52	58	64	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
<b>11</b>	50	56	62	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	20	5
<b>12</b>	52	59	64	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	20 miles @ MP plus 45-60 sec/ mile	45-50 min easy w/ strides, drills & strength session
28-Mar				6	14	5	8	5	22	5
<b>13</b>	55	60	65	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	22+ miles @ MP plus 45-60 sec/ mile	45-50 min easy w/ strides, drills & strength session
4-Apr				6	11.5	5	8	4	18	4
<b>14</b>	48	53	57	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; 6-8 x 800m @ 10K pace (1:30 rest); 2M c/d	Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills	17-20 mile run	30-35 min easy w/ strides, drills & strength session
11-Apr				5	9	4	5	4	12	4
<b>15</b>	35	39	43	40-55 min easy w/ strides & drills	70-75 min w/ 4-5 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	12 miles with last 2 miles @ MP	30-35 min easy w/ strides, drills & strength session
18-Apr				5	7.5	0	5	2	2	26.2
<b>16</b>	46	46	48	40-55 min easy w/ strides & drills	60 minutes w/ final 2 miles @ MP	REST	40-50 min easy w/ 4x100m strides	REST or 10-15 min shakeout	REST or 10-15 min shakeout	Brooklyn Marathon!!!

**Dashing Whippets 2022 Training  
Plan for the Brooklyn Marathon  
(Intermediate)**

**Overview:** This *advanced* 16-week plan helps runners prepare for the Brooklyn Marathon. Runners should have logged at least 30 miles per week for at least a month before beginning this plan, with occasional speed sessions (tempo runs, hills, short speed intervals).

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				5	8	5	6	4	13	5
<b>1</b>	37	42	46	45-50 min easy w/ strides & drills	2M w/u; 4M @ MP; 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	50-55 min easy w/ strides & drills	Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills	1:45 @ MP plus 45-60 sec/ mile	45-50 min easy w/ strides, drills & strength session
10-Jan				5	8	5	6	4	14	5
<b>2</b>	38	43	47	45-50 min easy w/ strides & drills	2M w/u; 3-4 x 1K @ 10K pace (1:00 rest); 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	50-55 min easy w/ strides & drills	Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills	1:50 to 2:00 @ MP plus 45-60 sec/ mile	45-50 min easy w/ strides, drills & strength session
17-Jan				5	7	5	6	4	6	16
<b>3</b>	40	45	49	45-50 min easy w/ strides & drills	2M w/u; 8-10 x 400m uphill @ 10K pace (downhill rest); 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	50-55 min easy w/ strides & drills	Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills	45-50 min easy w/ strides, drills & strength session	Fred Lebow Half Marathon (3M w/u)
24-Jan				5	10	5	6	5	15	5
<b>4</b>	41	46	51	45-50 min easy w/ strides & drills	2M w/u; 2M @ MP, 2:00 rest, 4 x 400 @ 10K with 1:00 rest, 2M @ MP; 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	50-55 min easy w/ strides & drills	Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	2:00 to 2:10 @ MP plus 45-60 sec/ mile	45-50 min easy w/ strides, drills & strength session
31-Jan				6	10.5	5	6	5	16	5
<b>5</b>	44	49	54	50-60 min easy w/ strides & drills	2M w/u; 3 x 2M @ HMP (3:00 rest); 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	50-55 min easy w/ strides & drills	Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	2:10 to 2:20 @ MP plus 45-60 sec/ mile	45-50 min easy w/ strides, drills & strength session
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<b>6</b>	43	48	53	50-60 min easy w/ strides & drills	2M w/u; 4 x 1K @ 10K pace (1:00 rest); 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	50-55 min easy w/ strides & drills	Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	16-18 miles @ MP plus 45-60 sec/ mile	45-50 min easy w/ strides, drills & strength session
14-Feb				6	10	5	7	5	18	5
<b>7</b>	46	51	56	50-60 min easy w/ strides & drills	2M w/u; 2 x 3M @ MP (2:00 rest); 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	60-65 min easy w/ strides & drills	Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	2:20 to 2:30 @ MP plus 45-60 sec/ mile	45-50 min easy w/ strides, drills & strength session
21-Feb				6	11.5	5	7	6	20	5
<b>8</b>	50	55	61	50-60 min easy w/ strides & drills	2M w/u; 55 min @ MP; 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	60-65 min easy w/ strides & drills	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

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<b>9</b>	48	54	60	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	60-65 min easy w/ strides & drills	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
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4-Apr				6	11.5	5	7	4	18	4
<b>14</b>	47	52	56	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	60-65 min easy w/ strides & drills	Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills	17-20 mile run	30-35 min easy w/ strides, drills & strength session
11-Apr				5	9	4	5	4	12	4
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