

Dashing Whippets 2022 Marathon Base-building / 'Bridge' Plan (ahead of Fall cycle)					Overview:	This 6-week plan is primarily intended to provide a robust running 'foundation' ahead of the normal Fall marathon cycle. For many, it provides an opportunity to build a solid mileage base, become familiar with common marathon-type workouts, build consistency, and begin testing items (i.e. nutrition, apparel, equipment, etc.). <u>For experienced runners, it can act as a 'bridge' from the previous half marathon cycle - please refer to the "maintaining" part of designated workouts.</u> It is intended for all levels, though modify as needed.						
Week	Purpose	Min	Mid	Max	REST, easy run, or cross train	Paced run or longer intervals	REST, easy run, or cross train	Interval workout	REST, easy run, or cross train	Long run	REST, easy run, or cross train	
		Weekly Miles...			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
23-May					5	7	0	6	5	8	5	
1	Base building & aerobic conditioning	31	31	36	30-45 min easy with strides / drills [If you raced, consider rest]	2M w/u, progression run for 4M, beginning with MP+30sec and decreasing 15 sec per mile, 1M c/d. [If you raced over the previous weekend, rest OR 45 minutes easy]	Crosstrain / Yoga or REST	2M easy, 8-12 x 400 @ 10K pace (1:30 rest); 2M easy [If you raced the pervious weekend, consider 6-8 reps]	30-45min easy or crosstrain or REST	If base-building: 45-60 min easy or REST. If maintaining: 8M @ LR pace (MP+45-60sec)	Crosstrain/ Yoga/ 30 to 45 min easy w/ strides & drills	Long Run (LR) pace is approximately your goal marathon pace, plus 45-60sec. If judging by effort, you could carry a conversation with someone, yet might be labored at times to catch your breath.
30-May					5	7	0	7	5	12	5	
2	Base building & aerobic conditioning	36	36	41	30-45 min easy with strides / drills	2M w/u; 4xMile @ 10K pace, (2:30 rest); 2M c/d	Crosstrain / Yoga or REST	If base-building: 2M w/u, 2x1200 @ HMP, 2x800 @ 10K, 2x400 @ 5K pace (1:30 rest); 2M c/d. If maintaining: make the paces 10k, 5k, >5k.	30-45min easy or crosstrain or REST	If base-building: 60 min easy or REST. If maintaining: 10M @ LR pace (MP+45-60sec)	Crosstrain/ Yoga/ 30 to 45 min easy w/ strides & drills	
Jun 6					6	8	4	7	5	12	5	
3	Base building, aerobic conditioning & neuromuscular fitness	38	42	47	45-55 min easy with strides/ drills	2M w/u, 2M @ LR pace (MP+45-60sec), then speed up for 3M @ MP	If base-building: Crosstrain / Yoga or REST. If maintaining: Crosstrain / Yoga or 0 to 45 min easy w/ strides & drills	If base-building: 2M w/u, then 6x800 @ 10K pace (1:30 rest), 2M c/d. If maintaining: 2M w/u, 4x800 @ 10K (1:30 rest), 2-3x200 @ >5k pace (1:00 rest), 2M c/d	30-45min easy or crosstrain or REST	If base-building: 60-75 min easy or REST. If maintaining: 4M easy, then 6-8M @ LR pace (MP+45-60sec) Berlin Marathoners: 14M @ LR pace (MP+45-60sec)	Crosstrain/ Yoga/ 30 to 45 min easy w/ strides & drills	
13-Jun					6	8	4	8	5	12	6	
4	Base building, aerobic conditioning & neuromuscular fitness	40	44	49	45-55 min easy with strides/ drills	2M w/u, 2x2M @ MP (3:00 rest b/t reps), 2M c/d [If racing Queens 10K, run 1 set then 2x400 @ 5K pace]	For base-building: Crosstrain / Yoga or REST. If maintaining: Crosstrain / Yoga or 0 to 45 min easy w/ strides & drills	2M w/u, 3 x (4 x 400) @ LT/ 10K/ 5K pace (1:00 rest b/t reps, 2:00 rest b/t sets), 2M c/d [If racing Queens 10K, run 1 set @ 5K pace]	30-45min easy or crosstrain or REST	If racing: have fun! If base-building (and not racing): 75-100 min easy. If maintaining (and not racing): 10-12M @ LR pace (MP+45-60sec).	Crosstrain/ Yoga/ 30 to 45 min easy w/ strides & drills	Good luck to all running the Queens 10K on Saturday! Note that you should cut back on your Thursday workout.
Jun 20					6	8	4	8	5	13	5	
5	Base building, aerobic conditioning & neuromuscular fitness	40	44	49	45-55 min easy with strides/ drills	2M w/u; 4-5M progression run: first mile at marathon pace then each successive mile ~10sec/mile faster; final mile is at ~10k pace; no rest between pace changes; 2M c/d	For base-building: Crosstrain / Yoga or REST. If maintaining: Crosstrain / Yoga or 0 to 45 min easy w/ strides & drills	2M easy, then pyramid workout: 400/800/1200/mile/1200/800/400 all @ 10K pace w/1:30 rest except mile @ HMP w/2:00 rest. 2M c/d	30-45min easy or crosstrain or REST	If base-building: 75-100 min easy or REST If maintaining: 4M easy, then 8-10M @ LR pace (MP+45-60sec) Berlin Marathoners: 14M @ LR pace (MP+45-60sec)	Crosstrain/ Yoga/ 30 to 45 min easy w/ strides & drills	
27-Jun					6	8	4	8	5	13	6	
6	Base building, aerobic conditioning & neuromuscular fitness	41	45	50	45-55 min easy with strides/ drills	2M w/u, 6-8 Canova Ks (MP//HMP), 2M c/d	For base-building: Crosstrain / Yoga or REST. If maintaining: Crosstrain / Yoga or 0 to 45 min easy w/ strides & drills	2M w/u, 3x(mile @ HMP + 200m @ Mile pace) only 30 seconds b/t reps, 2:30 b/t sets; 2M c/d	30-45min easy or crosstrain or REST	If base-building: 75-100 min easy If maintaining: 6M easy, then 8-10M @ LR pace (MP+45-60sec) Berlin Marathoners: 15M @ LR pace (MP+45-60sec)	Crosstrain/ Yoga/ 30 to 45 min easy w/ strides & drills	