

## Dashing Whippets 2022 Training Plan for the Chicago Marathon (Advanced Plan)

This *advanced* 14-week plan helps runners prepare for the Chicago 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

### 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
4-Jul	Base building & aerobic conditioning	40	44	49	5	7.5	4	7	5	15	5
11-Jul					5	9	4	7	5	16	5
18-Jul					5	8	4	8	5	18	5
25-Jul	Lactate clearance	29	34	39	5	8	5	5	3	8	
1-Aug					5	9	5	9	5	18	5
8-Aug	Aerobic conditioning & neuromuscular fitness	46	51	56	5	8.5	5	9	5	20	5
15-Aug					6	11	5	9.5	5	18	5
22-Aug	Specific endurance	50	55	60	6	10	6	7.5	5	20	5
29-Aug					6	12	6	8.5	5	18	5
4-Sep	Specific endurance	49	55	60	6	10	6	7.5	5	20	5
11-Sep					6	12	6	8.5	5	18	5
18-Sep	Specific endurance	50	56	61	6	12	6	8.5	5	18	5
25-Sep					6	12	6	8.5	5	18	5

Team Champs!!

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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
5-Sep	10	50	56	61	6	9	6	8	5	22	5
					50-60 min easy with strides/ drills	2M w/u; 5-6 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 45 min easy with strides/ drills	22 miles @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
12-Sep	11	45	51	56	6	11	6	9.5	5	5	13
					50-60 min easy with strides/ drills	2M w/u; 8-9 Miles @ MP; 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 45 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
19-Sep	12	51	57	62	6	12	6	9.5	5	18	5
					50-60 min easy with strides/ drills	If raced: 100-110 min easy with strides/ drills. Otherwise: 2M w/u; 6 miles @ HMP; 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 45 min easy with strides/ drills	17-20 miles @ MP plus 45-60 sec/ mile seconds	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
26-Sep	13	40	44	44	6	10	4	7		12	5
					50-60 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	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
3-Oct	14	43	43	45	5	6		3.5	2	2	26.2
					45-55 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	Chicago Marathon!

### Terminology & Workout Descriptions

<b>Easy pace</b>	Goal: build aerobic conditioning. Very low-intensity effort; should be able to talk on the phone without the caller knowing you are running. Conversation pace!
<b>Rest days</b>	One to three days per week should have little or no sustained activity. It is OK for dedicated gym members to do strength/flexibility work (resistance/weights, plyometrics, stretch, etc.) on these days, but AVOID overdoing strength work -- recovery is critical to developing endurance.
<b>Aerobic conditioning</b>	Capacity and stamina of the heart to supply muscles with oxygen for the main energy supply in races longer than 800 meters. Typically improved via long runs and tempo runs.
<b>Neuromuscular fitness</b>	Strength and efficiency of muscles that convert energy into forward motion. Typically improved via strides, form drills, strength training, and shorter high-speed interval runs with full recovery.
<b>Specific endurance</b>	The appropriate blend of aerobic conditioning and neuromuscular fitness to achieve the best possible result in a specific distance race (for example, a 10K). Typically improved via longer race-pace interval runs with very short recovery (<3 mins).
<b>Lactate clearance</b>	Training at mixed paces around the lactate threshold point (speed at which lactic acid accumulates, an indicator of oncoming fatigue). This training results in a higher threshold, i.e. the ability to race faster without risking fatigue.
<b>Aerobic cross-training</b>	Any easy run shorter than 30 minutes can be replaced with a comparable duration of LOW INTENSITY aerobic system cross-training, such as swimming, cycling, skating or hiking.
<b>Long Run pace</b>	Goal: build aerobic conditioning and running economy. This is a little faster than easy pace, but is still 45-60 seconds per mile slower than marathon pace.

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	<b>Progression pace</b>	Goal: build aerobic conditioning. Most of the run is at Long Run pace, but the last 25-50% slowly builds to half marathon pace (or, in the case of marathoners, top speed is marathon pace). Finish with 1M easy.									
	<b>Hill repeats</b>	Goal: develop neuromuscular fitness. Relatively short repeats (200m to 800m) on uphill at faster than 15K race pace, with full recovery.									
	<b>Canova Ks</b>	Goal: lactate clearance and development of running economy for half marathon and longer. A continuous run that alternates between half marathon pace (for 1K) and marathon pace (for 1K), with no rest between pace changes									
	<b>Recovery</b>	All recovery periods after speed intervals should be active (slow jogging) to flush buildup of lactic acid and keep heart working at steady pace. If you start to get fatigued during interval workouts, do NOT lengthen recovery period -- instead, slow down pace of speedwork or end the workout									
	<b>Strides, Form drills, Core exercises</b>	Goal: develop neuromuscular fitness. Various exercises to strengthen muscles, teach good form, and improve running economy. Strides: 80-100 meters of steady acceleration, hold at 90% of full speed, steady deceleration. Form drills and core strengthening exercises: Will be taught at each workout to runners who aren't familiar with them.									
	<b>Half marathon, 10K, 5K (etc.) race pace</b>	Current estimated race pace -- should be your best estimate of the 5K, 10K, half marathon you are capable of TODAY rather than personal record (PR) or goal pace. External circumstances such as weather are factors to be considered when determining that workout's pace. Exception: Marathon pace is your GOAL or PROJECTED marathon pace in a marathon at the end of training, even if you aren't ready to do 26.2M at that pace today.									