

Dashing Whippets 2022 Training Plan for the New York City Marathon (Advanced Plan)

This *advanced* 18-week plan helps runners prepare for the New York City 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	1	39	43	48	5	7.5	4	7	5	14	5
					45-55 min easy with strides/ drills	1.5M w/u; 4 Miles @ MP; 1-1.5M c/d	Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills	1.5M w/u; 8-12 x 400m @ 5K pace (1:30 rest); 1-1.5M c/d	REST or up to 45 min easy with strides/ drills	2:00 to 2:10 @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
11-Jul	2	41	45	50	5	9	4	7	5	15	5
					45-55 min easy with strides/ drills	1.5M w/u; 4-5 x Mile @ HMP (1:30 rest); 1-1.5M c/d	Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills	1.5M w/u, 5x1200m @ 10k pace, 4x200m @ 3k pace (400m/ 200m rest); 1-1.5M c/d	REST or up to 45 min easy with strides/ drills	2:10 to 2:20 @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
18-Jul	3	42	46	51	5	8	4	8	5	16	5
					45-55 min easy with strides/ drills	1.5M w/u; 4-6M Progression run (first mile @ MP, drop ~10 sec/ mile each mile); 1-1.5M c/d	Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills	1.5M w/u; 800m, 1200m, 1600m, 2000m, 1600m, 1200m, 800m @ 10k pace (400m after 1600s,200m after others); 1-1.5M c/d	REST or up to 45 min easy with strides/ drills	2:15 to 2:25 @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
25-Jul	4	29	34	39	5	8	5	5	5	3	8
					Lactate clearance	45-55 min easy with strides/ drills	1.5M w/u; 4M @ HMP (3:00 rest), 800m @ 5k pace (3:00 rest), 2x200m @ Mile pace (1:00 rest); 1-1.5M c/d	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	1.5M w/u; 2x400m at 5mi pace, 2x300m at 5k pace, 2x200m at Mile pace (200m jog after every rep); 1-1.5M c/d	REST or up to 45 min easy with strides/ drills	REST or up to 30 min easy with strides/ drills
1-Aug	5	41	46	51	5	8	5	8	5	15	5
					Aerobic conditioning & neuromuscular fitness	45-55 min easy with strides/ drills	2M w/u; 4 Miles @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	2M w/u; 3 x (3 x 400m) @ 10K/ 10K/ 5K pace (200m b/w intervals; 400m b/w sets); 2M c/d	REST or up to 45 min easy with strides/ drills	2:10 to 2:20 @ long run pace
8-Aug	6	45	50	55	6	8.5	5	9	5	16	5
					Aerobic conditioning & neuromuscular fitness	50-60 min easy with strides/ drills	2M w/u; 3M @ HMP (3:00 rest), 6 x 200 @ Mile pace (200m rest); 2M c/d	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	2M w/u; 4-5 x Mile @ LT pace (1:30 rest); 2M c/d	REST or up to 45 min easy with strides/ drills	2:15 to 2:25 @ MP long run pace
15-Aug	7	47	52	57	6	10	5	8	5	18	5
					Aerobic conditioning & neuromuscular fitness	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	2M w/u; 2 x 3 x 800m @ 10K pace (200m b/w interval; 400m b/w sets); 2M c/d	REST or up to 45 min easy with strides/ drills	2:40 to 2:50 @ long run pace
22-Aug	8	48	54	59	6	9	6	7.5	5	20	5
					Aerobic conditioning & neuromuscular fitness	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	2M w/u; 2400m @ LT pace, 1600m @ 10K pace, 800m @ 5K pace (400m rest); 2M c/d	REST or up to 45 min easy with strides/ drills	20 miles @ long run pace

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29-Aug	9	50	56	61	6	12	6	8.5	5	18	5
					Aerobic conditioning & neuromuscular fitness	50-60 min easy with strides/ drills	2M w/u; 56 minutes @ MP on a hilly course; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u; 4-6 x 1K @ 10K pace (400m rest); 2M c/d	REST or up to 45 min easy with strides/ drills	18 miles @ long run pace
5-Sep	10	48	54	59	6	9	6	8	5	20	5
					Aerobic conditioning & neuromuscular fitness	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	20 miles @ long run pace
12-Sep	11	45	51	56	6	11	6	9.5	5	5	13
					Aerobic conditioning & neuromuscular fitness	50-60 min easy with strides/ drills	2M w/u; 7 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
19-Sep	12	51	57	62	6	12	6	9.5	5	18	5
					Specific endurance	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	18+ miles @ long run pace
26-Sep	13	53	59	64	6	12	6	10	5	20	5
					Specific endurance	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	2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d	REST or up to 45 min easy with strides/ drills	20+ miles @ long run pace
3-Oct	14	47	53	58	5	12	6	8.5	5	5	16
					Specific endurance	45-55 min easy with strides/ drills	2M w/u; 72 minutes @ MP on a hilly course; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 5x1200m @ 10k pace, 4x200m @ 3k pace (400m/ 200m rest); 2M c/d	REST or up to 45 min easy with strides/ drills	REST or up to 45 min easy with strides/ drills
10-Oct	15	54	60	65	6	12	6	9	5	22	5
					Specific endurance	REST or 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, 3-4x2K @ LT pace (2:00 rest), 2M c/d	REST or up to 45 min easy with strides/ drills	22-23 miles @ long run pace
17-Oct	16	50	56	61	6	12	6	9	5	18	5
					Specific endurance	50-60 min easy with strides/ drills	2M w/u; 72 minutes @ MP on hilly course; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u; 5-6 x 1K @ 10K pace (400m rest); 2M c/d	REST or up to 45 min easy with strides/ drills	17 to 20 miles @ long run pace

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24-Oct	Lactate clearance	35	39	39	4	10	4	3.5	REST	12	5
17					35 min easy with strides/ drills	85 min with middle 4 miles @ MP	Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills	30-40 min easy with strides/ drills		12 miles easy with last 2 miles @ MP	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
31-Oct	Lactate clearance	42	42	44	4	6	REST	3.5	2	2	26.2
18					35 min easy with strides/ drills	50-60 min easy with strides/ drills		30 min easy with strides/ drills	REST or 10-20 min shakeout	REST or 10-20 min shakeout	NYC Marathon!

Terminology & Workout Descriptions

Easy pace	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!
Rest days	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.
Aerobic conditioning	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.
Neuromuscular fitness	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.
Specific endurance	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).
Lactate clearance	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.
Aerobic cross-training	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.
Long Run pace	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.
Progression pace	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.
Hill repeats	Goal: develop neuromuscular fitness. Relatively short repeats (200m to 800m) on uphill at faster than 15K race pace, with full recovery.
Canova Ks	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
Recovery	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
Strides, Form drills, Core exercises	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.
Half marathon, 10K, 5K (etc.) race pace	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.