

Dashing Whippets 2022 Training Plan for the Philadelphia Marathon (Intermediate Plan)

Overview: This *intermediate* 16-week plan helps runners prepare for the Philadelphia Marathon. Intermediate runners should have logged 30-35 miles per week for at least a month before beginning this plan. This plan is designed for those who have completed a marathon(s) in the past but may have done little-to-no speedwork in training for previous marathons

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
1-Aug	Aerobic conditioning & neuromuscular fitness	34	39	44	5	8	5	7		14	5
1					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	60-65 min easy with strides/ drills	REST	2:00 to 2:10 @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
8-Aug					5	8.5	5	7		15	5
2					45-55 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	60-65 min easy with strides/ drills	REST	2:10 to 2:20 @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
15-Aug					5	10	5	7		16	5
3					45-55 min easy with strides/ drills	2M w/u; 6 Miles @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	60-65 min easy with strides/ drills	REST	2:15 to 2:25 @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
22-Aug					6	9	5	7		16	5
4					50-60 min easy with strides/ drills	2M w/u; 6-8 Canova Ks; 2M c/d	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	60-65 min easy with strides/ drills	REST	2:15 to 2:25 @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
29-Aug	6	10	5	7		17	5				
5	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	60-65 min easy with strides/ drills	REST	2:35 to 2:45 @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills				
5-Sep	6	9	6	8		18	5				
6	50-60 min easy with strides/ drills	2M w/u; 4-5 Miles @ HMP; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	70-75 min easy with strides/ drills	REST	2:40 to 2:50 @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills				
12-Sep	6	10	6	8		5	13				
7	50-60 min easy with strides/ drills	2M w/u; 6 Miles @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	70-75 min easy with strides/ drills	REST	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	6	12	6	8		18	5				
8	50-60 min easy with strides/ drills	If raced or tired from long run: 100-110 min easy with strides/ drills. 2M w/u; 6 miles @ HMP; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	70-75 min easy with strides/ drills	REST	18+ miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills				

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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
26-Sep	9	45	50	56	6	11	6	8		20	5
					50-60 min easy with strides/ drills	2M w/u; 56-64 minutes @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	70-75 min easy with strides/ drills	REST	20 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
3-Oct	10	30	46	52	6	11	6	8		5	16
					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	70-75 min easy with strides/ drills	REST	REST or up to 45 min easy with strides/ drills	Staten Island Half (Club Points); 2-3M w/u, race, 1-2M c/d
10-Oct	11	46	51	57	6	12	6	8		20	5
					50-60 min easy with strides/ drills	If raced or tired from long run: 100-110 min easy with strides/ drills. 2M w/u; 6 miles @ HMP; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	70-75 min easy with strides/ drills	REST	20+ miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
17-Oct	12	43	48	54	5	12	6	8		18	5
					45-55 min easy with strides/ drills	2M w/u; 72 minutes @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	70-75 min easy with strides/ drills	REST	18+ miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
24-Oct	13	47	52	58	6	11	6	8		22	5
					REST or 50-60 min easy with strides/ drills	2M w/u; 10-12 Canova Ks; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	70-75 min easy with strides/ drills	REST	22-23 miles @ long run pace	REST or 45-55 min easy with strides/ drills
31-Oct	14	44	49	55	6	12	6	8		18	5
					50-60 min easy with strides/ drills	2M w/u; 72-80 minutes @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	70-75 min easy with strides/ drills	REST	17-20 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
7-Nov	15	30	35	39	4	10	4	3.5		12	5
					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	REST	12 miles easy with last 2 miles @ MP	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
14-Nov	16	42	42	44	4	6		3.5	2	2	26.2
					35 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	Philly Marathon!

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	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									
	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									
	Aerobic	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									
	Neuromuscular	Strength and efficiency of muscles that convert energy into forward motion. Typically improved via strides, form drills, strength training, and shorter high-									
	Specific	The appropriate blend of aerobic conditioning and neuromuscular fitness to achieve the best possible result in a specific distance race (for example, a									
	Lactate	Training at mixed paces around the lactate threshold point (speed at which lactic acid accumulates, an indicator of oncoming fatigue). This training results									
	Aerobic cross-	Any easy run shorter than 30 minutes can be replaced with a comparable duration of LOW INTENSITY aerobic system cross-training, such as swimming,									
	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	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									
	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									
	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									
	Strides, Form	Goal: develop neuromuscular fitness. Various exercises to strengthen muscles, teach good form, and improve running economy. Strides: 80-100 meters of									
	Half marathon,	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									