

Dashing Whippets 2023 Training Plan for the Boston Marathon

Overview: This 15-week plan helps runners prepare for the Boston Marathon. Where possible, many of the Tuesday tempo runs should include extended sections of both uphill and downhill to simulate terrain as much as possible

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
2-Jan				5	8	5	8	4	13	5
1	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 @ long run pace	45-50 min easy w/ strides, drills & strength session
9-Jan				5	8	5	7.5	4	14	5
2	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 @ long run pace	45-50 min easy w/ strides, drills & strength session
16-Jan				5	7	5	7.5	4	6	16
3	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)
23-Jan				5	10	5	8	5	15	5
4	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 800m @ 5K pace (2:00 rest), 2M c/d	Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	2:00 to 2:10 @ long run pace	45-50 min easy w/ strides, drills & strength session
30-Jan				6	10.5	5	9	5	16	5
5	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 @ long run pace	45-50 min easy w/ strides, drills & strength session
6-Feb				6	8.5	5	11	5	17	5
6	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 @ long run pace	45-50 min easy w/ strides, drills & strength session
13-Feb				6	10	5	10	5	18	5
7	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 @ long run pace	45-50 min easy w/ strides, drills & strength session
20-Feb				6	11.5	5	9.5	6	20	5
8	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 @ long run pace	45-50 min easy w/ strides, drills & strength session
27-Feb				6	11.5	6	9	6	18	5
9	50	56	62	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, 5-6 x 800m uphill @ LT pace (downhill rest), 2M c/d	Cardio Crosstrain/ 0 to 50 min easy w/ strides & drills	18 miles @ long run pace	45-50 min easy w/ strides, drills & strength session

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				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
6-Mar				6	11.5	6	9.5	6	20	5
10	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 @ long run pace	45-50 min easy w/ strides, drills & strength session
13-Mar				6	13	6	10.5	6	4	17
11	51	57	63	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; 2x1200 @ 10K; 3x800 @ 5K; 4x400 @ >5K (2:30/ 2:00/ 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)
20-Mar				5	11	7	8.5	5	22	5
12	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; 4-5 x 800m uphill @ LT; 2M c/d	Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	22+ miles @ long run pace	45-50 min easy w/ strides, drills & strength session
27-Mar				6	14	5	8	5	18	5
13	51	56	61	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	18 mile progression run: 12M easy, 3M @ MP plus 15-20 sec/ mile; 3M @ MP	45-50 min easy w/ strides, drills & strength session
3-Apr				6	9	5	8	4	12	4
14	39	44	48	50-60 min easy w/ strides & drills	70-75 min w/ 4-5 miles @ MP	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u; 4-6 x 800m @ 10K pace (1:30 rest); 2M c/d	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
10-Apr				5	7.5	4	5	4	2	2
15	22	26	30	40-55 min easy w/ strides & drills	60 minutes w/ final 2 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	REST or 10-15 min shakeout	REST or 10-15 min shakeout