

Dashing Whippets 2023 Training Plan for the Berlin Marathon (Advanced Plan)

This *advanced* 12-week plan helps runners prepare for the Berlin 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
3-Jul	1	41	45	50	5	7.5	4	7	5	16	5
10-Jul					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	2:15 to 2:25 @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
17-Jul	2	43	47	52	5	9	4	7	5	17	5
24-Jul					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	2:30 to 2:40 @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
31-Jul	3	44	48	53	5	8	4	8	5	18	5
7-Aug					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)	REST or up to 45 min easy with strides/drills	18 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
14-Aug	4	29	34	39	5	8	5	5	5	3	8
21-Aug					45-55 min easy with strides/drills	1.5M w/u; 4M @ HMP (3:00 rest), 800m @ 5k pace (3:00 rest), 2x200m	Crosstrain/ Yoga/ 0 to 45 min easy w/	1.5M w/u; 2x400m at 5mi pace, 2x300m at 5k pace, 2x200m at Mile	REST or up to 45 min easy with strides/	REST or up to 30 min easy with strides/	Team Champs!!
28-Aug	5	49	54	59	5	10	5	9	5	20	5
4-Sep					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	2M w/u, 4 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	20 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
5-Sep	6	47	52	57	6	8.5	5	9	5	18	5
12-Sep					50-60 min easy with strides/drills	2M w/u; 3M @ HMP (3:00 rest), 6 x 200 @ Mile pace (200m rest);	Crosstrain/ Yoga/ 0 to 45 min easy w/	2M w/u; 4-5 x Mile @ LT pace (1:30 rest); 2M c/d	REST or up to 45 min easy with strides/	18 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/
19-Sep	7	52	57	62	6	11	5	9.5	5	20	5
26-Sep					50-60 min easy with strides/drills	2M w/u; 7-8 Miles @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 45 min easy w/	2M w/u; 3 x 3 x 800m @ 10K pace (200m b/w interval; 400m b/w sets);	REST or up to 45 min easy with strides/	20 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/
3-Oct	8	48	54	59	6	10	6	7.5	5	19	5
10-Oct					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/	2M w/u; 2400m @ LT pace, 1600m @ 10K pace, 800m @ 5K pace	REST or up to 45 min easy with strides/	19-20 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/
17-Oct	9	54	60	65	6	12	6	8.5	5	22	5
24-Oct					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/	2M w/u; 4-6 x 1K @ 10K pace (400m rest); 2M c/d	REST or up to 45 min easy with strides/	22 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/

4-Sep	Aerobic conditioning & neuromuscular fitness	50	56	61	6	13	6	8	5	18	5
10					50-60 min easy with strides/ drills	2M w/u; 72 minutes @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/	2M w/u; 4M progression first 400 @ MP then increasing 1-2 seconds	REST or up to 45 min easy with strides/	17-20 miles @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/
11-Sep					4	10	4	3.5		12	5
11	Aerobic conditioning & neuromuscular fitness	35	39	39	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
18-Sep					4	6		3.5	2	2	26.2
12	Specific endurance	42	42	44	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	Berlin Marathon!

Terminology & Workout Descriptio

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 10K).
Lactate	Training at mixed paces around the lactate threshold point (speed at which lactic acid accumulates, an indicator of oncoming fatigue). This training results in
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 to
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

Dashing Whippets 2023 Training Plan for the Berlin Marathon (Intermediate Plan)

This *intermediate* 12-week plan helps runners prepare for the Berlin 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.

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	Longer midweek recovery run	REST	Long run	REST, easy run, or cross train
3-Jul	1	36	41	45	5	7.5	4	7		16	5
10-Jul					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	2:15 to 2:25 @ long run pace	45 min easy w/ strides & drills
17-Jul	2	38	43	47	5	9	4	7		17	5
24-Jul					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	2:30 to 2:40 @ long run pace	45 min easy w/ strides & drills
31-Jul	3	39	44	48	5	8	4	8		18	5
7-Aug					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)	REST	18 miles @ long run pace	45 min easy w/ strides & drills
14-Aug	4	26	29	37	5	8	5	5	3	3	8
21-Aug					45-55 min easy with strides/drills	1.5M w/u; 4M @ HMP (3:00 rest), 800m @ 5k pace (3:00 rest), 2x200m	Crosstrain/ Yoga/ 0 to 45 min easy w/	1.5M w/u; 2x400m at 5mi pace, 2x300m at 5k pace, 2x200m at Mile	REST or up to 30 min easy with strides/	REST or up to 30 min easy with strides/	Team Champs!!
28-Aug	5	44	49	54	5	10	5	9		20	5
4-Sep					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	2M w/u; 4 x (3 x 400m) @ 10K/ 10K/ 5K pace (200m b/w intervals; 400m b/w sets); 2M c/d	REST	20 miles @ long run pace	45 min easy w/ strides & drills
5-Sep	6	42	47	52	6	8.5	5	9		18	5
12-Sep					50-60 min easy with strides/drills	2M w/u; 3M @ HMP (3:00 rest), 6 x 200 @ Mile pace (200m rest);	Crosstrain/ Yoga/ 0 to 45 min easy w/	2M w/u; 4-5 x Mile @ LT pace (1:30 rest); 2M c/d	REST	18 miles @ long run pace	45 min easy w/
19-Sep	7	47	52	57	6	11	5	9.5		20	5
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3-Oct	8	43	48	54	6	10	6	7.5		19	5
10-Oct					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/	2M w/u; 2400m @ LT pace, 1600m @ 10K pace, 800m @ 5K pace	REST	19-20 miles @ long run pace	45 min easy w/
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