

## Dashing Whippets 2023 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
3-Jul	1	40	44	49	5	7.5	4	7	5	15	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	2:10 to 2:20 @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
17-Jul	2	42	46	51	5	9	4	7	5	16	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	2:15 to 2:25 @ 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	2:40 to 2:50 @ 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	46	51	56	5	9	5	9	5	18	5
4-Sep					45-55 min easy with strides/drills	2M w/u; 5 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	2:40 to 2:50 @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
4-Sep	6	49	54	59	6	8.5	5	9	5	20	5
11-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/	20 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/
18-Sep	7	50	55	60	6	11	5	9.5	5	18	5
25-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/	2:40 to 2:50 @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/
2-Sep	8	49	55	60	6	10	6	7.5	5	20	5
9-Sep					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/	20 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/
16-Sep	9	50	56	61	6	12	6	8.5	5	18	5
23-Sep					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/	18 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/
30-Sep	9	50	56	61	6	9	6	8	5	22	5
7-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/	18 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/

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
10	Aerobic conditioning & neuromuscular	50	56	61	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/	2M w/u; 4M progression first 400 @ MP then increasing 1-2 seconds	REST or up to 45 min easy with strides/	22 miles @ MP plus 45-60 sec/ mile	Crosstrain/ Yoga/ 0 to 45 min easy w/
11-Sep					6	11	6	9.5	5	5	13
11	Aerobic conditioning & neuromuscular fitness	45	51	56	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
18-Sep					6	12	6	9.5	5	18	5
12	Specific endurance	51	57	62	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
25-Sep					6	10	4	7		12	5
13	Specific endurance	40	44	44	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
2-Oct					5	6		3.5	2	2	26.2
14	Specific endurance	43	43	45	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 Descriptio

<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
<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
<b>Aerobic</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
<b>Neuromuscular</b>	Strength and efficiency of muscles that convert energy into forward motion. Typically improved via strides, form drills, strength training, and shorter high-
<b>Specific</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).
<b>Lactate</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
<b>Aerobic cross-</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,
<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.
<b>Progression</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
<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
<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
<b>Strides, Form</b>	Goal: develop neuromuscular fitness. Various exercises to strengthen muscles, teach good form, and improve running economy. Strides: 80-100 meters of
<b>Half marathon,</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

## Dashing Whippets 2023 Training Plan for the Chicago Marathon (Intermediate Plan)

This *intermediate* 14-week plan helps runners prepare for the Chicago 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	35	40	44	5	7.5	4	7		15	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	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
17-Jul	2	37	42	46	5	9	4	7		16	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	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
31-Jul	3	38	43	47	5	8	4	7		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	60-65 min easy with strides/ drills	REST	2:40 to 2:50 @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
14-Aug	4	29	32	40	5	8	5	8	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/	70-75 min easy with strides/ drills	REST or up to 30 min easy with strides/	REST or up to 30 min easy with strides/	Team Champs!!
28-Aug	5	40	45	50	5	9	5	8		18	5
4-Sep					45-55 min easy with strides/ drills	2M w/u; 5 Miles @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 45 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
5-Sep	6	43	48	53	6	8.5	5	8		20	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/	70-75 min easy with strides/ drills	REST	20 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/
19-Sep	7	43	48	53	6	11	5	8		18	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/	70-75 min easy with strides/ drills	REST	2:40 to 2:50 @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/
3-Oct	8	44	49	55	6	10	6	8		20	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/	70-75 min easy with strides/ drills	REST	20 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/
17-Oct	9	45	50	56	6	12	6	9		18	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/	80-85 min easy with strides/ drills	REST	18 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/

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		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
4-Sep	10	46	51	57	6 50-60 min easy with strides/ drills	9 2M w/u; 5-6 Miles @ HMP; 2M c/d	6 Crosstrain/ Yoga/ 0 to 55 min easy w/	9 80-85 min easy with strides/ drills	REST	22 22 miles @ MP plus 45-60 sec/ mile	5 Crosstrain/ Yoga/ 0 to 45 min easy w/
11-Sep					6 50-60 min easy with strides/ drills	11 2M w/u; 8-9 Miles @ MP; 2M c/d	6 Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	9 80-85 min easy with strides/ drills	REST	5 REST or up to 45 min easy with strides/ drills	13 Bronx 10-miler (Club Points); 2-3M w/u, race, 1-2M c/d
18-Sep	12	45	50	56	6 50-60 min easy with strides/ drills	12 If raced: 100-110 min easy with strides/ drills. Otherwise: 2M w/u; 6 miles @ HMP; 2M c/d	6 Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	9 80-85 min easy with strides/ drills	REST	18 17-20 miles @ MP plus 45-60 sec/ mile seconds	5 Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
25-Sep	13	35	40	44	6 50-60 min easy with strides/ drills	10 85 min with middle 4 miles @ MP	4 Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills	7 60-65 min easy with strides/ drills	REST	12 12 miles easy with last 2 miles @ MP	5 Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
2-Oct	14	43	43	45	5 45-55 min easy with strides/ drills	6 50-60 min easy with strides/ drills	REST	3.5 30 min easy with strides/ drills	2 REST or 10-20 min shakeout	2 REST or 10-20 min shakeout	26.2 Chicago Marathon!

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