

## Dashing Whippets 2023 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

**Overview:** the cycle

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	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
10-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
17-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	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
24-Jul	4	29	34	39	5	8	5	5	5	3	8
					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!!
31-Jul	5	41	46	51	5	8	5	8	5	15	5
					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	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
7-Aug	6	45	50	55	6	8.5	5	9	5	16	5
					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/	2:15 to 2:25 @ MP long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/
14-Aug	7	47	52	57	6	10	5	8	5	18	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/	2M w/u; 2 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/
21-Aug	8	48	54	59	6	9	6	7.5	5	20	5
					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/	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/

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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
28-Aug	9	48	54	59	6 50-60 min easy with strides/drills	12 2M w/u; 56 minutes @ MP on a hilly course; 2M c/d	6 Crosstrain/ Yoga/ 0 to 55 min easy w/	7 2M w/u; 4-6 x 1K @ 10K pace (400m rest); 2M c/d	5 REST or up to 45 min easy with strides/	18 18 miles @ long run pace	5 Crosstrain/ Yoga/ 0 to 45 min easy w/
4-Sep					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/	8 2M w/u; 4M progression first 400 @ MP then increasing 1-2 seconds	5 REST or up to 45 min easy with strides/	20 20 miles @ long run pace	5 Crosstrain/ Yoga/ 0 to 45 min easy w/
11-Sep	11	45	51	56	6 50-60 min easy with strides/drills	11 2M w/u; 7 Miles @ MP; 2M c/d	6 Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	9.5 2M w/u; 8-10 x 800 @ 10K pace (1:30 rest); 2M c/d	5 REST or up to 45 min easy with strides/drills	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	51	57	62	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	9.5 2M w/u; 3xMile @ LT pace (1:30 rest), 2x800 @ LT pace (2:00 rest), 4x200 (1:30 rest); 2M c/d	5 REST or up to 45 min easy with strides/drills	18 18+ miles @ long run pace	5 Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
25-Sep	13	53	59	64	6 50-60 min easy with strides/drills	12 2M w/u; 64-72 minutes @ MP; 2M c/d	6 Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	10 2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d	5 REST or up to 45 min easy with strides/drills	20 20+ miles @ long run pace	5 Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
2-Oct	14	47	53	58	5 45-55 min easy with strides/drills	12 2M w/u; 72 minutes @ MP on a hilly course; 2M c/d	6 Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	8.5 2M w/u, 5x1200m @ 10k pace, 4x200m @ 3k pace (400m/ 200m rest); 2M c/d	5 REST or up to 45 min easy with strides/drills	5 REST or up to 45 min easy with strides/drills	16 Staten Island Half (Club Points); 2-3M w/u, race, 1-2M c/d
9-Oct	15	54	60	65	6 REST or 50-60 min easy with strides/ drills	12 If raced: 100-110 min easy with strides/ drills. Otherwise: 2M w/u; 6	6 Crosstrain/ Yoga/ 0 to 55 min easy w/	9 2M w/u, 3-4x2K @ LT pace (2:00 rest), 2M c/d	5 REST or up to 45 min easy with strides/	22 22-23 miles @ long run pace	5 Crosstrain/ Yoga/ 0 to 45 min easy w/
16-Oct	16	50	56	61	6 50-60 min easy with strides/drills	12 2M w/u; 72 minutes @ MP on hilly course; 2M c/d	6 Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	9 2M w/u; 5-6 x 1K @ 10K pace (400m rest); 2M c/d	5 REST or up to 45 min easy with strides/drills	18 17 to 20 miles @ long run pace	5 Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
23-Oct	17	35	39	39	4 35 min easy with strides/drills	10 85 min with middle 4 miles @ MP	4 Crosstrain/ Yoga/ 0 to 35 min easy w/	3.5 30-40 min easy with strides/ drills	REST	12 12 miles easy with last 2 miles @ MP	5 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
30-Oct	Lactate clearance	42	42	44	4	6		3.5	2	2	26.2
18					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	NYC 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 New York City Marathon (Intermediate Plan)

This *intermediate* 18-week plan helps runners prepare for the New York City 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	34	39	43	5	7.5	4	7		14	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	2:00 to 2:10 @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
17-Jul	2	36	41	45	5	9	4	7		15	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	2:10 to 2:20 @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
31-Jul	3	36	41	45	5	8	4	7		16	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	2:15 to 2:25 @ long run pace	Crosstrain/ Yoga/ 0 to 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/	REST or up to 45 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	35	40	45	5	8	5	7		15	5
4-Sep					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	2:10 to 2:20 @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
5-Sep	6	38	43	48	6	8.5	5	7		16	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/	60-65 min easy with strides/ drills	REST	2:15 to 2:25 @ MP long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/
19-Sep	7	41	46	51	6	10	5	7		18	5
26-Sep					50-60 min easy with strides/ drills	2M w/u; 6 Miles @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 45 min easy w/	60-65 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	43	48	54	6	9	6	8		20	5
10-Oct					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/	70-75 min easy with strides/ drills	REST	20 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	Longer midweek recovery run	REST	Long run	REST, easy run, or cross train
28-Aug	9	44	49	55	6	12	6	8	REST	18	5
4-Sep					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/	70-75 min easy with strides/ drills		18 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/
	10	43	48	54	6	9	6	8	REST	20	5
11-Sep					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/	70-75 min easy with strides/ drills		20 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/
	11	30	43	49	6	11	6	8	REST	5	13
18-Sep					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	70-75 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
	12	44	49	55	6	12	6	8	REST	18	5
25-Sep					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	70-75 min easy with strides/ drills		18+ miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
	13	47	52	58	6	12	6	9	REST	20	5
2-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/ strides & drills	80-85 min easy with strides/ drills		20+ miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
	14	31	47	53	5	12	6	9	REST	5	16
9-Oct					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	80-85 min easy with strides/ drills		REST or up to 45 min easy with strides/ drills	Staten Island Half (Club Points); 2-3M w/u, race, 1-2M c/d
	15	49	54	60	6	12	6	9	REST	22	5
16-Oct					REST or 50-60 min easy with strides/ drills	If raced: 100-110 min easy with strides/ drills. Otherwise: 2M w/u; 6	Crosstrain/ Yoga/ 0 to 55 min easy w/	80-85 min easy with strides/ drills		22-23 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/
	16	43	48	54	6	12	6	7	REST	18	5
23-Oct					50-60 min easy with strides/ drills	2M w/u; 72 minutes on hilly course @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	60-65 min easy with strides/ drills		17 to 20 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
	17	33	38	42	4	10	4	7	REST	12	5
30-Oct					35 min easy with strides/ drills	85 min with middle 4 miles @ MP	Crosstrain/ Yoga/ 0 to 35 min easy w/	60-65 min easy with strides/ drills		12 miles easy with last 2 miles @ MP	Crosstrain/ Yoga/ 0 to 45 min easy w/
	18	38	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

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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

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