

**Dashing Whippets 2023 Training Plan for
the Philadelphia Marathon
(Advanced Plan)**

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. Ideally, runners should have followed the short distance plan through

Overview: Team Champs

| 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 |
| 31-Jul | 1 | 40 | 45 | 51 | 5 45-55 min easy with strides/ drills | 8 2M w/u; 4 Miles @ MP; 2M c/d | 5 Crosstrain/ Yoga/ 0 to 45 min easy w/ | 8 2M w/u, 3 x (3 x 400m) @ 10K/ 10K/ 5K pace (200m b/w intervals; | 6 REST or up to 50 min easy with strides/ | 14 2:00 to 2:10 @ long run pace | 5 Crosstrain/ Yoga/ 0 to 45 min easy w/ |
| 7-Aug | | | | | 5 45-55 min easy with strides/ drills | 8.5 2M w/u; 3M @ HMP (3:00 rest), 6 x 200 @ Mile pace (200m rest); | 5 Crosstrain/ Yoga/ 0 to 45 min easy w/ | 9 2M w/u; 3-4 x Mile @ LT pace (1:30 rest); 2M c/d | 6 REST or up to 50 min easy with strides/ | 15 2:10 to 2:20 @ long run pace | 5 Crosstrain/ Yoga/ 0 to 45 min easy w/ |
| 14-Aug | 3 | 44 | 49 | 55 | 5 45-55 min easy with strides/ drills | 10 2M w/u; 6 Miles @ MP; 2M c/d | 5 Crosstrain/ Yoga/ 0 to 45 min easy w/ | 8 2M w/u; 2 x 3 x 800m @ 10K pace (200m b/w interval; 400m b/w sets); | 6 REST or up to 50 min easy with strides/ | 16 2:15 to 2:25 @ long run pace | 5 Crosstrain/ Yoga/ 0 to 45 min easy w/ |
| 21-Aug | | | | | 6 50-60 min easy with strides/ drills | 9 2M w/u; 6-8 Canova Ks; 2M c/d | 5 Crosstrain/ Yoga/ 0 to 45 min easy w/ | 7.5 2M w/u; 2400m @ LT pace, 1600m @ 10K pace, 800m @ 5K pace | 6 REST or up to 50 min easy with strides/ | 16 2:15 to 2:25 @ long run pace | 5 Crosstrain/ Yoga/ 0 to 45 min easy w/ |
| 28-Aug | 5 | 47 | 52 | 58 | 6 50-60 min easy with strides/ drills | 10 2M w/u; 6 Miles @ MP; 2M c/d | 5 Crosstrain/ Yoga/ 0 to 45 min easy w/ | 8.5 2M w/u; 4-6 x 1K @ 10K pace (400m rest); 2M c/d | 6 REST or up to 50 min easy with strides/ | 17 2:35 to 2:45 @ 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; 4-5 Miles @ HMP; 2M c/d | 6 Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 8 2M w/u; 4M progression first 400 @ MP then increasing 1-2 seconds per 400m; 2M c/d | 6 REST or up to 50 min easy with strides/ drills | 18 2:40 to 2:50 @ long run pace | 5 min easy w/ strides & drills |
| 11-Sep | 7 | 44 | 50 | 56 | 6 50-60 min easy with strides/ drills | 10 2M w/u; 6 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 | 6 REST or up to 50 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 | | | | | 6 50-60 min easy with strides/ drills | 12 If raced or tired from long run: 100-110 min easy with strides/ drills. 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 | 6 REST or up to 50 min easy with strides/ drills | 18 18+ miles @ long run pace | 5 Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 8 | Specific endurance | 51 | 57 | 63 | 50-60 min easy with 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 |
| 25-Sep | 9 | 52 | 58 | 64 | 6 | 11 | 6 | 10 | 6 | 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 | 2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d | REST or up to 50 min easy with strides/ drills | 20 miles @ long run pace | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 2-Oct | 10 | 47 | 53 | 58 | 6 | 11 | 6 | 8.5 | 5 | 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/ | 2M w/u, 5x1200m @ 10k pace, 4x200m @ 3k pace (400m/ 200m rest); | REST or up to 45 min easy with strides/ | REST or up to 45 min easy with strides/ | Staten Island Half (Club Points); 2-3M |
| 9-Oct | 11 | 52 | 58 | 63 | 6 | 12 | 6 | 9 | 5 | 20 | 5 |
| | | | | | 50-60 min easy with strides/ drills | If raced or tired from long run: 100-110 min easy with strides/ drills. 2M | Crosstrain/ Yoga/ 0 to 55 min easy w/ | 2M w/u, 3-4x2K @ LT pace (2:00 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/ |
| 16-Oct | 12 | 49 | 55 | 60 | 5 | 12 | 6 | 9 | 5 | 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/ | 2M w/u; 5-6 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/ |
| 23-Oct | 13 | 55 | 61 | 67 | 6 | 11 | 6 | 11 | 6 | 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/ | 2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d | REST or up to 50 min easy with strides/ | 22-23 miles @ long run pace | REST or 45-55 min easy with strides/ drills |
| 30-Oct | 14 | 51 | 57 | 63 | 6 | 12 | 6 | 10 | 6 | 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 | 2M w/u; 10-12 Canova Ks; 2M c/d | REST or up to 50 min easy with strides/ drills | 17-20 miles @ long run pace | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 6-Nov | 15 | 35 | 39 | 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/ | 30-40 min easy with strides/ drills | REST | 12 miles easy with last 2 miles @ MP | Crosstrain/ Yoga/ 0 to 45 min easy w/ |
| 13-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! |

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

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

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| 31-Jul | 1 Aerobic conditioning & neuromuscular | 34 | 39 | 44 | 5 45-55 min easy with strides/drills | 8 2M w/u; 4 Miles @ MP; 2M c/d | 5 Crosstrain/ Yoga/ 0 to 45 min easy w/ | 7 60-65 min easy with strides/ drills | | 14 2:00 to 2:10 @ long run pace | 5 Crosstrain/ Yoga/ 0 to 45 min easy w/ |
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| 14-Aug | 3 Aerobic conditioning & neuromuscular | 38 | 43 | 48 | 5 45-55 min easy with strides/drills | 10 2M w/u; 6 Miles @ MP; 2M c/d | 5 Crosstrain/ Yoga/ 0 to 45 min easy w/ | 7 60-65 min easy with strides/ drills | REST | 16 2:15 to 2:25 @ long run pace | 5 Crosstrain/ Yoga/ 0 to 45 min easy w/ |
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| 11-Sep | 7 Specific endurance | 29 | 42 | 48 | 6 50-60 min easy with strides/drills | 10 2M w/u; 6 Miles @ MP; 2M c/d | 6 Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 8 70-75 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 |
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Terminology & Workout Descriptions

| | |
|--|---|
| 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 pace! |
| 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 conditioning | 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 runs and tempo runs. |
| Neuromuscular fitness | Strength and efficiency of muscles that convert energy into forward motion. Typically improved via strides, form drills, strength training, and shorter high-speed interval runs with full recovery. |
| Specific endurance | The appropriate blend of aerobic conditioning and neuromuscular fitness to achieve the best possible result in a specific distance race (for example, a 10K). Typically improved via longer race-pace interval runs with very short recovery (<3 mins). |
| Lactate clearance | Training at mixed paces around the lactate threshold point (speed at which lactic acid accumulates, an indicator of oncoming fatigue). This training results in a higher threshold, i.e. the ability to race faster without risking fatigue. |
| Aerobic cross-training | Any easy run shorter than 30 minutes can be replaced with a comparable duration of LOW INTENSITY aerobic system cross-training, such as swimming, cycling, skating or hiking. |
| 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 pace | 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 marathoners, top speed is marathon pace). Finish with 1M easy. |
| 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 (for 1K) and marathon pace (for 1K), with no rest between pace changes |
| 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 get fatigued during interval workouts, do NOT lengthen recovery period -- instead, slow down pace of speedwork or end the workout |
| Strides, Form drills, Core exercises | Goal: develop neuromuscular fitness. Various exercises to strengthen muscles, teach good form, and improve running economy. Strides: 80-100 meters of steady acceleration, hold at 90% of full speed, steady deceleration. Form drills and core strengthening exercises: Will be taught at each workout to runners who aren't familiar with them. |
| Half marathon, 10K, 5K (etc.) race pace | 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 goal pace. External circumstances such as weather are factors to be considered when determining that workout's pace. Exception: Marathon pace is your GOAL or PROJECTED marathon pace in a marathon at the end of training, even if you aren't ready to do 26.2M at that pace today. |