

Dashing Whippets 2024 Training Plan for the Boston & Jersey City Marathons (Advanced)

Overview: This 15-week Advanced plan helps runners prepare for the Boston or Jersey City 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	Purpose	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	
1-Jan	Aerobic conditioning & neuromuscular fitness	39	44	48	5	8	5	7.5	4	13	5	
1					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; 400m/ 800m/ 1200m/ 1200m/ 800m/ 400m @ 10K pace (1:30 rest); 2M c/d	Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills	1:45 @ long run pace	45-50 min easy w/ strides, drills & strength session	
8-Jan					5	8	5	7.5	4	14	5	
2					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; 4-6 x 1200m @ 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	
15-Jan					5	7	5	7.5	4	14	5	
3					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	1:50 to 2:00 @ long run pace	45-50 min easy w/ strides, drills & strength session	
22-Jan					5	10	5	8	5	6	16	5
4					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	45-50 min easy w/ strides, drills & strength session	Fred Lebow Half Marathon (3M w/u)	
29-Jan	Aerobic conditioning & neuromuscular fitness	45	50	55	6	10.5	5	7	5	16	5	
5					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; 200-400-600-800-800-600-400-200 @ up the ladder = 10K pace, down the ladder = 5K pace (1:30 walk-jog rest); 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	
5-Feb					6	8.5	5	9	5	17	5	
6	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					
12-Feb	Aerobic conditioning & neuromuscular fitness	49	54	59	6	10	5	10	5	18	5	
7					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	
19-Feb	Aerobic conditioning & neuromuscular fitness	52	57	63	6	11.5	5	9.5	6	20	5	
8					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	

Dashing Whippets 2024 Training Plan for the Boston & Jersey City Marathons (Advanced)

Overview: This 15-week Advanced plan helps runners prepare for the Boston or Jersey City 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	Purpose	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
26-Feb	Specific endurance	50	56	62	6	11.5	6	9	6	18	5
9					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
4-Mar	Specific endurance	52	58	64	6	11.5	6	9.5	6	20	5
10					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
11-Mar	Specific endurance	51	57	63	6	13	6	10.5	6	4	17
11					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)
18-Mar	Specific endurance	52	59	64	5	11	7	8.5	5	22	5
12					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
25-Mar	Specific endurance	53	58	63	6	13	5	11	5	18	5
13					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; 12-14 Canova Ks; 2M c/d OR 10-12 miles if raced	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
1-Apr	Specific endurance & lactate clearance	39	44	48	6	9	5	8	4	12	4
14					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
8-Apr	Specific endurance & lactate clearance	22	26	30	5	7.5	4	5	4	2	2
15					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	Boston= Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills. JC = REST or 10-15 min shakeout	Everyone: REST or 10-15 min shakeout	Jersey City Marathon!!! Boston is the next day!!!

Dashing Whippets 2024 Training Plan for the Boston & Jersey City Marathons (Intermediate)

Overview: This *intermediate* 15-week plan helps runners prepare for the Boston or Jersey 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

Week	Purpose	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
1-Jan	Aerobic conditioning & neuromuscular fitness	37	42	46	5 45-50 min easy w/ strides & drills	8 2M w/u; 4M @ MP; 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	6 50-55 min easy w/ strides & drills	4 Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills	13 1:45 @ long run pace	5 45-50 min easy w/ strides, drills & strength session
8-Jan					5 45-50 min easy w/ strides & drills	8 2M w/u; 3-4 x 1K @ 10K pace (1:00 rest); 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	6 50-55 min easy w/ strides & drills	4 Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills	14 1:50 to 2:00 @ long run pace	5 45-50 min easy w/ strides, drills & strength session
15-Jan					5 45-50 min easy w/ strides & drills	7 2M w/u; 8-10 x 400m uphill @ 10K pace (downhill rest); 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	6 50-55 min easy w/ strides & drills	4 Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills	14 1:50 to 2:00 @ long run pace	5 45-50 min easy w/ strides, drills & strength session
22-Jan					5 45-50 min easy w/ strides & drills	10 2M w/u; 2M @ MP, 2:00 rest, 4 x 400 @ 10K with 1:00 rest, 2M @ MP; 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	6 50-55 min easy w/ strides & drills	5 Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	6 45-50 min easy w/ strides, drills & strength session	16 Fred Lebow Half Marathon (3M w/u)
29-Jan					6 50-60 min easy w/ strides & drills	10.5 2M w/u; 3 x 2M @ HMP (3:00 rest); 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	6 50-55 min easy w/ strides & drills	5 Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	16 2:10 to 2:20 @ long run pace	5 45-50 min easy w/ strides, drills & strength session
5-Feb					6 50-60 min easy w/ strides & drills	8.5 2M w/u; 4 x 1K @ 10K pace (1:00 rest); 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	6 50-55 min easy w/ strides & drills	5 Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	17 16-18 miles @ long run pace	5 45-50 min easy w/ strides, drills & strength session
12-Feb					6 50-60 min easy w/ strides & drills	10 2M w/u; 2 x 3M @ MP (2:00 rest); 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	7 60-65 min easy w/ strides & drills	5 Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	18 2:20 to 2:30 @ long run pace	5 45-50 min easy w/ strides, drills & strength session
19-Feb					6 50-60 min easy w/ strides & drills	11.5 2M w/u; 55 min @ MP; 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	7 60-65 min easy w/ strides & drills	6 Cardio Crosstrain/ 0 to 50 min easy w/ strides & drills	20 20 miles @ long run pace	5 45-50 min easy w/ strides, drills & strength session

Dashing Whippets 2024 Training Plan for the Boston & Jersey City Marathons (Intermediate)

Overview: This *intermediate* 15-week plan helps runners prepare for the Boston or Jersey 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

Week	Purpose	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	
26-Feb	9	Specific endurance	48	54	60	6	11.5	6	7	6	18	5
						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	60-65 min easy w/ strides & drills	Cardio Crosstrain/ 0 to 50 min easy w/ strides & drills	18 miles @ long run pace	45-50 min easy w/ strides, drills & strength session
4-Mar	10	Specific endurance	50	56	62	6	11.5	6	7	6	20	5
						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	60-65 min easy w/ strides & drills	Cardio Crosstrain/ 0 to 50 min easy w/ strides & drills	20 miles @ long run pace	45-50 min easy w/ strides, drills & strength session
11-Mar	11	Specific endurance	47	53	59	6	13	6	7	6	4	17
						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	60-65 min easy w/ strides & drills	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)
18-Mar	12	Specific endurance	50	57	62	5	11	7	7	5	22	5
						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	60-65 min easy w/ strides & drills	Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	22+ miles @ long run pace	45-50 min easy w/ strides, drills & strength session
25-Mar	13	Specific endurance	49	54	59	6	13	5	7	5	18	5
						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	60-65 min easy w/ strides & drills	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
1-Apr	14	Specific endurance & lactate clearance	36	41	45	6	9	5	5	4	12	4
						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	40-50 min easy w/ 4x100m strides	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
8-Apr	15	Specific endurance & lactate clearance	22	26	30	5	7.5	4	5	4	2	2
						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	Boston= Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills. JC = REST or 10-15 min shakeout	Everyone: REST or 10-15 min shakeout	Jersey City Marathon!!! Boston is the next day!!!