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

This 15-week Advanced plan helps runners prepare for the Boston or Jersey City Marathon. Where Overview: possible, many of the Tuesday tempo runs should include extended sections of both uphills and downhills to simulate terrain as much as possible

	····,				Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week	Purpose	Wkly Min	Wkly Mid		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					5	8	5	7.5	4	13	5
1	Aerobic conditioning & neuromuscular fitness	39	44	48	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		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	Aerobic conditioning & neuromuscular fitness	40	45	49	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		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	Aerobic conditioning & neuromuscular fitness	39	44	48	45-50 min easy w/ strides & drills	1 <i>p</i>	40 min easy w/ strides & drills	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
4	Aerobic conditioning & neuromuscular fitness	45	50	55	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		0 to 40 min easy	45-50 min easy w/ strides, drills & strength session	Fred Lebow Half Marathon (3M w/u)
29-Jan					6	10.5	5	7	5	16	5
5	Aerobic conditioning & neuromuscular fitness	45	50	55	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	= 5K pace (1:30 walk- jog rest); 2M c/d	w/ strides & drills	2:10 to 2:20 @ long run pace	45-50 min easy w/ strides, drills & strength session
5-Feb					6 50-60 min	8.5	5 Cardio Crosstrain/	9	5	17	5
6	Aerobic conditioning & neuromuscular fitness	46	51	56	easy w/ strides & drills	2M w/u; 4 x 1K @ 10K pace (1:00 rest); 2M c/d		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					6	10	5	10	5	18	5
7	Aerobic conditioning & neuromuscular fitness	49	54	59	50-60 min easy w/ strides & drills 6	2M w/u; 2 x 3M @ MP (2:00 rest); 2M c/d 11.5	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills 5	2M w/u; 10-12 Canova Ks; 2M c/d 9.5	Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills 6	2:20 to 2:30 @ long run pace 20	45-50 min easy w/ strides, drills & strength session 5
-	Aerobic				50-60 min	6.11	ہ /Cardio Crosstrain	9.5 2M w/u; 4 x (4 x 400)	U	20	5
8	Aerobic conditioning & neuromuscular fitness	52	57	63	easy w/ strides & drills	2M w/u; 55 min @ MP; 2M c/d	Yoga & Strength/ 0 to	@ HMP/ LT/ 10K/ 5K pace (1:00/ 2:00 rest);	Cardio Crosstrain/ 0 to 50 min easy w/ strides & drills	20 miles @ long run pace	45-50 min easy w/ strides, drills & strength session

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	<b>,,</b>				Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week	Purpose	Wkly					Cardio Xtrain, Yoga, rest or		Cardio Crosstrain, rest		Recovery Run &
HOOK	T dipose	Min	Mid	Max	Recovery Run	Long interval workout	easy run	Short interval workout	or easy run	Long run	strength session
26-Feb					6	11.5	6	9	6	18	5
					50-60 min		Cardio Crosstrain/				
9	Specific endurance	50	56	62	easy w/		Yoga & Strength/ 0 to		Cardio Crosstrain/		45-50 min easy w/
0		00	00	02		2M w/u; 60 min @ MP;			0 to 50 min easy	18 miles @ long	strides, drills &
						2M c/d	& drills	( <u>,</u>	w/ strides & drills	run pace	strength session
4-Mar					6	11.5	6	9.5	6	20	5
								2M w/u; 3xMile @ LT			
40					50-60 min		Cardio Crosstrain/	pace (1:30 rest), 2x800			
10	Specific endurance	52	58	64		2M w/u; 12-14 Canova	Yoga & Strength/ 0 to	@ 10K pace (2:00	Cardio Crosstrain/		45-50 min easy w/
							40 min easy w/ strides			20 miles @ long	strides, drills &
					drills	miles if raced	& drills	<i>,</i> .	w/ strides & drills	run pace	strength session
11-Mar					6	13	6	10.5	6	4	17
					50-60 min		Cardio Crosstrain/	2M w/u; 2x1200 @			
11	Specific endurance	51	57	63		2M w/u; 70 min @ MP	Yoga & Strength/ 0 to		Cardio Crosstrain/	20.25 min 0000/00/	
11	Specific endurance	51	57	63			40 min easy w/ strides		0 to 50 min easy		NYC Half (2M w/u
					drills		& drills	2:00/ 1:30 rest); 2M c/d			and 2M c/d)
18-Mar					5	10 miles), 210 c/u	7	8.5	5	22	5
10-Iviai					REST or 40-	11	, Cardio Crosstrain/	0.0	0		U U
10					55 min easy		Yoga & Strength/ 0 to		Cardio Crosstrain/		45-50 min easy w/
12	Specific endurance	52	59	64	w/ strides &	~90 min easy with	40 min easy w/ strides	2M w/u: 4-5 x 800m		22+ miles @ long	strides, drills &
					drills	strides & drills	& drills		w/ strides & drills	run pace	strength session
25-Mar					6	13	5	11	5	18	5
										18 mile	
										progression run:	
10		50		~~	50-60 min		Cardio Crosstrain/			12M easy, 3M @	
13	Specific endurance	53	58	63	easy w/	2M w/u; 80 min @ MP	Yoga & Strength/ 0 to	2M w/u; 12-14 Canova	Cardio Crosstrain/	MP plus 15-20	45-50 min easy w/
					strides &	(max = 12 miles); 2M	40 min easy w/ strides	Ks; 2M c/d OR 10-12	0 to 40 min easy	sec/ mile; 3M @	strides, drills &
					drills	c/d	& drills	miles if raced	w/ strides & drills	MP	strength session
1-Apr					6	9	5	8	4	12	4
					50-60 min		Cardio Crosstrain/				
14	Specific endurance	39	44	48	easy w/			.,	Cardio Crosstrain/		30-35 min easy w/
17	& lactate clearance	00		10			40 min easy w/ strides			12 miles with last	strides, drills &
						@ MP	& drills		w/ strides & drills	2 miles @ MP	strength session
8-Apr					5	7.5	4	5	4	2	2
									Boston= Cardio		
									Crosstrain/ 0 to 32		
15	Specific endurance	22	26	30	40-55 min		Cardio Crosstrain/		min easy w/	E DEST	
	& lactate clearance				easy w/	00 minutes of final 0	Yoga & Strength/ 0 to		strides & drills. JC		Jersey City
						60 minutes w/ final 2	32 min easy w/ strides			or 10-15 min	Marathon!!! Boston
					drills	miles @ MP	& drills	4x100m strides	min shakeout	shakeout	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

	(		,		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week	Purpose		Wkly Mid		Recovery Run	Long interval workout	Cardio Xtrain, Yoga, rest or easy run		Cardio Crosstrain, rest or easy run	Long run	Recovery Run & strength session
1-Jan					5	8	5	6	4	13	5
1	Aerobic conditioning & neuromuscular fitness	37	42	46	45-50 min easy w/ strides &	2M w/u; 4M @ MP; 2M	40 min easy w/ strides	easy w/	Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills	1:45 @ long run	45-50 min easy w/ strides, drills &
8-Jan	1111033				drills 5	c/d 8	& drills 5	strides & drills 6		pace 14	strength session 5
o-Jall	Aerobic				45-50 min	0	Cardio Crosstrain/	0	4	14	5
2	conditioning & neuromuscular fitness	38	43	47	easy w/ strides & drills	2M w/u; 3-4 x 1K @ 10K pace (1:00 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	6	4	14	5
3	Aerobic conditioning & neuromuscular fitness	37	42	46	45-50 min easy w/ strides & drills	2M w/u; 8-10 x 400m uphill @ 10K pace (downhill rest); 2M c/d	40 min easy w/ strides & drills	easy w/ strides & drills	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	6	5	6	16
4	Aerobic conditioning & neuromuscular fitness	43	48	53	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	easy w/	Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills		Fred Lebow Half Marathon (3M w/u)
29-Jan					6	10.5	5	6	5	16	5
5	Aerobic conditioning & neuromuscular fitness	44	49	54	strides & drills	2M w/u; 3 x 2M @ HMP (3:00 rest); 2M c/d	40 min easy w/ strides & drills	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	6	5	17	5
6	Aerobic conditioning & neuromuscular fitness	43	48	53	50-60 min easy w/ strides & drills	2M w/u; 4 x 1K @ 10K pace (1:00 rest); 2M c/d	40 min easy w/ strides	easy w/	Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	16-18 miles @	45-50 min easy w/ strides, drills & strength session
12-Feb					6	10	5	7	5	18	5
<b>7</b> 19-Feb	Aerobic conditioning & neuromuscular fitness	46	51	56	50-60 min easy w/ strides & drills 6	2M w/u; 2 x 3M @ MP (2:00 rest); 2M c/d 11.5	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	easy w/	Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills 6	2:20 to 2:30 @ long run pace 20	45-50 min easy w/ strides, drills & strength session
8	Aerobic conditioning & neuromuscular fitness	50	55	61	50-60 min easy w/ strides & drills	2M w/u; 55 min @ MP;	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides	, 60-65 min easy w/	Cardio Crosstrain/ 0 to 50 min easy	20 miles @ long	5 45-50 min easy w/ strides, drills & strength session

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	•				Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week	Purpose		Wkly Mid	N 4		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					6	11.5	6	7	6	18	5
9	Specific endurance	48	54	60	50-60 min easy w/ strides &		Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	easy w/	Cardio Crosstrain/ 0 to 50 min easy w/ strides & drills	18 miles @ long	45-50 min easy w/ strides, drills &
4-Mar					drills 6	2M c/d 11.5			6	run pace 20	strength session 5
-iviai					50-60 min	11.0	Cardio Crosstrain/	,	0	20	5
10	Specific endurance	50	56	62	easy w/ strides &	Ks; 2M c/d OR 10-12	Yoga & Strength/ 0 to 40 min easy w/ strides	easy w/	Cardio Crosstrain/ 0 to 50 min easy	20 miles @ long	45-50 min easy w/ strides, drills &
11 Mor					drills 6	miles if raced 13	& drills	strides & drills	w/ strides & drills	run pace 4	strength session 17
11-Mar					o 50-60 min	13	o Cardio Crosstrain/	/	0	4	17
11	Specific endurance	47	53	59	easy w/ strides &	2M w/u; 70 min @ MP on hilly course (max =	Yoga & Strength/ 0 to 40 min easy w/ strides		Cardio Crosstrain/ 0 to 50 min easy	30-35 min easy w/ strides, drills &	NYC Half (2M
					drills	10 miles); 2M c/d	& drills		w/ strides & drills	strength session	w/u and 2M c/d)
18-Mar					5	11	7	7	5	22	5
12	Specific endurance	50	57	62	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	easy w/	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					6	13	5	7	5	18	5
13	Specific endurance	49	54	59	50-60 min easy w/ strides &	2M w/u; 80 min @ MP (max = 12 miles); 2M	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides	easy w/	Cardio Crosstrain/ 0 to 40 min easy	18 mile progression run: 12M easy, 3M @ MP plus 15-20 sec/ mile; 3M @	45-50 min easy w/ strides, drills &
					drills		& drills		w/ strides & drills	MP	strength session
1-Apr					6 50-60 min	9	5 Cardio Crosstrain/	5 40-50 min	4	12	4
14	Specific endurance & lactate clearance	36	41	45	easy w/ strides &	70-75 min w/ 4-5 miles	Yoga & Strength/ 0 to 40 min easy w/ strides	easy w/	Cardio Crosstrain/ 0 to 32 min easy	12 miles with last	30-35 min easy w/ strides, drills &
					drills	@ MP	& drills	strides	w/ strides & drills	2 miles @ MP	strength session
8-Apr					5	7.5	4	5	4	2	2
15	Specific endurance & lactate clearance	22	26	30	40-55 min easy w/		Cardio Crosstrain/ Yoga & Strength/ 0 to	40-50 min	Boston= Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills. JC	Everyone: REST	Jersey City
					strides &	60 minutes w/ final 2		4x100m	= REST or 10-15	or 10-15 min	Marathon!!! Boston is the next
					drills		& drills	strides	min shakeout	shakeout	day!!!