

Dashing Whippets 2024 Training Plan for London Marathon (Advanced)

Overview: This *advanced* 16-week plan helps runners prepare for the London Marathon. Runners should have logged at least 30 miles per week for at least a month before beginning this plan, with occasional speed sessions (tempo runs, hills, short speed intervals).

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
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	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	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	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				

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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	50	56	62	6	11.5	6	9	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	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	45-50 min easy w/ strides, drills & strength session	
4-Mar	10	52	58	64	6	11	6	9.5	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	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	45-50 min easy w/ strides, drills & strength session	
11-Mar	11	51	57	63	6	13	6	10.5	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	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	NYC Half (2M w/u and 2M c/d)	
18-Mar	12	50	57	62	5	11	7	8.5	5	20	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	2M w/u; 4-5 x 800m uphill @ LT; 2M c/d	Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	45-50 min easy w/ strides, drills & strength session	
25-Mar	13	57	62	67	6	13	5	11	5	22	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	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	45-50 min easy w/ strides, drills & strength session	
1-Apr	14	48	53	57	6	11.5	5	8	4	18	4
					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; 6-8 x 800m @ 10K pace (1:30 rest); 2M c/d	Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills	30-35 min easy w/ strides, drills & strength session	
8-Apr	15	35	39	43	5	9	4	5	4	12	4
					40-55 min easy w/ strides & drills	70-75 min w/ 4-5 miles @ MP	Cardio Crosstrain/ Yoga & Strength/ 0 to 32 min easy w/ strides & drills	40-50 min easy w/ 4x100m strides	Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills	30-35 min easy w/ strides, drills & strength session	
15-Apr	16	46	46	48	5	7.5	0	5	2	2	26.2
					40-55 min easy w/ strides & drills	60 minutes w/ final 2 miles @ MP	REST	40-50 min easy w/ 4x100m strides	REST or 10-15 min shakeout	London Marathon!!!	

Dashing Whippets 2024 Training Plan for London Marathon (Intermediate)

Overview: This *intermediate* 16-week plan helps runners prepare for the London 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	1 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	3 Aerobic conditioning & neuromuscular fitness	37	42	46	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	5 Aerobic conditioning & neuromuscular fitness	44	49	54	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	7 Aerobic conditioning & neuromuscular fitness	46	51	56	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

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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	48	54	60	6 50-60 min easy w/ strides & drills	11.5 2M w/u; 60 min @ MP; 2M c/d	6 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	18 18 miles @ long run pace	5 45-50 min easy w/ strides, drills & strength session
4-Mar					6 50-60 min easy w/ strides & drills	11.5 2M w/u; 12-14 Canova Ks; 2M c/d OR 10-12 miles if raced	6 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
11-Mar	11	47	53	59	6 50-60 min easy w/ strides & drills	13 2M w/u; 70 min @ MP on hilly course (max = 10 miles); 2M c/d	6 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	4 30-35 min easy w/ strides, drills & strength session	17 NYC Half (2M w/u and 2M c/d)
18-Mar					5 REST or 40-55 min easy w/ strides & drills	11 ~90 min easy with strides & drills	7 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	20 20 miles @ long run pace	5 45-50 min easy w/ strides, drills & strength session
25-Mar	13	54	59	64	6 50-60 min easy w/ strides & drills	14 2M w/u; 80 min @ MP (max = 12 miles); 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	22 22+ miles @ long run pace	5 45-50 min easy w/ strides, drills & strength session
1-Apr					6 50-60 min easy w/ strides & drills	11.5 2M w/u; 60 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	4 Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills	18 17-20 mile run	4 30-35 min easy w/ strides, drills & strength session
8-Apr	15	35	39	43	5 40-55 min easy w/ strides & drills	9 70-75 min w/ 4-5 miles @ MP	4 Cardio Crosstrain/ Yoga & Strength/ 0 to 32 min easy w/ strides & drills	5 40-50 min easy w/ 4x100m strides	4 Cardio Crosstrain/ 0 to 32 min easy w/ strides & drills	12 12 miles with last 2 miles @ MP	4 30-35 min easy w/ strides, drills & strength session
15-Apr					5 40-55 min easy w/ strides & drills	7.5 60 minutes w/ final 2 miles @ MP	0 REST	5 40-50 min easy w/ 4x100m strides	2 REST or 10-15 min shakeout	2 REST or 10-15 min shakeout	26.2 London Marathon!!!
16-Apr	16	46	46	48	5 40-55 min easy w/ strides & drills	7.5 60 minutes w/ final 2 miles @ MP	0 REST	5 40-50 min easy w/ 4x100m strides	2 REST or 10-15 min shakeout	2 REST or 10-15 min shakeout	26.2 London Marathon!!!
16-Apr					5 40-55 min easy w/ strides & drills	7.5 60 minutes w/ final 2 miles @ MP	0 REST	5 40-50 min easy w/ 4x100m strides	2 REST or 10-15 min shakeout	2 REST or 10-15 min shakeout	26.2 London Marathon!!!