Dashing Whippets 2024 Training Plan for London Marathon (Advanced)

This *advanced* 16-week plan helps runners prepare for the London Marathon. Runners should have **Overview:** 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).

					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	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	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	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	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		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	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	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	A				6 50-60 min	8.5	5 /Cardio Crosstrain	9	5	17	5 45-50 min easy
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	Yoga & Strength/ 0 to 40 min easy w/ strides & drills		Cardio Crosstrain/ 0 to 40 min easy w/ strides & drills	16-18 miles @ long run pace	w/ strides, drills & strength session
12-Feb					6	10	5	10	5	18	5
1	Aerobic conditioning & neuromuscular fitness	49	54	59	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	Aerobic conditioning & neuromuscular fitness	52	57	63	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	• • •	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 London Marathon (Advanced)

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			(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
26-Feb					6	11.5	6	9	6	18	5
					50-60 min		Cardio Crosstrain/		·		45-50 min easy
9	A 16 1				easy w/		Yoga & Strength/ 0 to	2M w/u, 5-6 x 800m	Cardio Crosstrain/		w/ strides, drills
	Specific endurance	50	56	62	strides &	2M w/u; 60 min @ MP;	40 min easy w/ strides		0 to 50 min easy	18 miles @ long	& strength
					drills	2M c/d	& drills	(downhill rest), 2M c/d	w/ strides & drills	run pace	session
4-Mar					6	11	6	9.5	6	20	5
								2M w/u; 3xMile @ LT			
					50-60 min		Cardio Crosstrain/	pace (1:30 rest), 2x800			45-50 min easy
10	Specific endurance	52	58	64	easy w/	2M w/u; 12-14 Canova	Yoga & Strength/ 0 to		Cardio Crosstrain/		w/ strides, drills
					strides &	Ks; 2M c/d OR 10-12	40 min easy w/ strides	<i>,, , , , , , , , , ,</i>			& strength
					drills	miles if raced	& drills			run pace	session
11-Mar					6	13	6	10.5	6	4	17
					50.00 min		Condia One cotucia (0M/			
11	Charifia and manag	51	57	60	50-60 min	2M w/u; 70 min @ MP	Cardio Crosstrain/ Yoga & Strength/ 0 to	2M w/u; 2x1200 @ 10K; 3x800 @ 5K;	Cardio Crosstrain/	20.25 min 000/14/	
11	Specific endurance	51	57	03	easy w/	on hilly course (max =				,	NYC Half (2M
					strides & drills	10 miles); 2M c/d	40 min easy w/ strides & drills	2:00/ 1:30 rest); 2M c/d			w/u and 2M c/d)
18-Mar					5	10 miles), 210 c/u	7	8.5	5	20	5
10-Iviai					REST or 40-		, Cardio Crosstrain/	0.0	5	20	45-50 min easy
40					55 min easy		Yoga & Strength/ 0 to		Cardio Crosstrain/		w/ strides. drills
12	Specific endurance	50	57	62	w/ strides &	~90 min easy with	40 min easy w/ strides			20 miles @ long	& strength
					drills	strides & drills	& drills			run pace	session
25-Mar					6	13	5	11	5	22	5
					50-60 min		Cardio Crosstrain/				45-50 min easy
13	Specific endurance	57	62	67	easy w/	2M w/u; 80 min @ MP	Yoga & Strength/ 0 to	2M w/u; 12-14 Canova	Cardio Crosstrain/		w/ strides, drills
13	Specific endurance	57	02	67	strides &	(max = 12 miles); 2M	40 min easy w/ strides	Ks; 2M c/d OR 10-12	0 to 40 min easy	22+ miles @ long	& strength
					drills	c/d	& drills	miles if raced	w/ strides & drills	run pace	session
1-Apr					6	11.5	5	8	4	18	4
					50-60 min		Cardio Crosstrain/				30-35 min easy
14	Specific endurance	48	53	57	easy w/			,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Cardio Crosstrain/		w/ strides, drills
• •	& lactate clearance	_			strides &	2M w/u; 60 min @ MP;	40 min easy w/ strides		0 to 32 min easy	47.00 "	& strength
0.4					drills	2M c/d	& drills		w/ strides & drills	17-20 mile run	session 4
8-Apr					5 40-55 min	9	4 Cardio Crosstrain/	5	4	12	4 30-35 min easy
	Chapifia and manag						Yoga & Strength/ 0 to		Cardio Crosstrain/		w/ strides, drills
15	Specific endurance & lactate clearance	35	39	43	easy w/ strides &	70-75 min w/ 4-5 miles	32 min easy w/ strides		0 to 32 min easy	12 miles with last	& strength
					drills	@ MP	& drills			2 miles @ MP	session
15-Apr					5	7.5	0	5	2	2 111103 (@ 1111	26.2
10,10					40-55 min			Ĭ	-	-	20.2
	Specific endurance				easy w/						
16	& lactate clearance	46	46	48	strides &	60 minutes w/ final 2		40-50 min easy w/	REST or 10-15	REST or 10-15	London
					drills	miles @ MP	REST		min shakeout	min shakeout	Marathon!!!
						<u> </u>					

Dashing Whippets 2024 Training Plan for London Marathon (Intermediate) Overview:This intermediate 16-week plan helps runners prepare for the London Marathon. IntermediateOverview: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

	London Marati				Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Wkly	\//klv	WEN							
Week	Purpose		Mid	Mov	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	6	4	13	5
	Aerobic				45-50 min		Cardio Crosstrain/				45-50 min easy
1	conditioning &	37	42	46	easy w/		J J J J J	50-55 min	Cardio Crosstrain/		w/ strides, drills
I	neuromuscular	57	42	40	strides &	2M w/u; 4M @ MP; 2M		easy w/	0 to 32 min easy	1:45 @ long run	& strength
	fitness				drills	c/d	& drills		w/ strides & drills	pace	session
8-Jan					5	8	5	6	4	14	5
	Aerobic				45-50 min		Cardio Crosstrain/				45-50 min easy
2	conditioning &	38	43	47	easy w/	2M w/u; 3-4 x 1K @	0 0	50-55 min	Cardio Crosstrain/		w/ strides, drills
~	neuromuscular				strides &	10K pace (1:00 rest);	40 min easy w/ strides	-	0 to 32 min easy	1:50 to 2:00 @	& strength
	fitness				drills	2M c/d	& drills		w/ strides & drills	long run pace	session
15-Jan					5	7	5	6	4	14	5
	Aerobic				45-50 min		Cardio Crosstrain/				45-50 min easy
3	conditioning &	37	42	46	easy w/	2M w/u; 8-10 x 400m		50-55 min	Cardio Crosstrain/		w/ strides, drills
Ŭ	neuromuscular fitness				strides &	uphill @ 10K pace	40 min easy w/ strides		0 to 32 min easy	1:50 to 2:00 @	& strength
00 1	1111055				drills 5	(downhill rest); 2M c/d	& drills		w/ strides & drills	long run pace	session 16
22-Jan					о 45-50 min	10	ہ /Cardio Crosstrain	6	5	Ö	10
	Aerobic					2M w/u; 2M @ MP, 2:00 rest, 4 x 400 @		50-55 min	Cardio Crosstrain/	45-50 min easy w/	Fred Lebow Helf
4	conditioning & neuromuscular	43	48	53	easy w/ strides &		40 min easy w/ strides		0 to 40 min easy		
	fitness				drills		& drills		•	strength session	Marathon (3M w/u)
29-Jan	in incode				6	10.5	5	6	5	16	5
23-Jan	Aanahia				50-60 min	10.5	Cardio Crosstrain/	Ū	5		45-50 min easy
_	Aerobic conditioning &				easy w/	2M w/u; 3 x 2M @		50-55 min	Cardio Crosstrain/		w/ strides, drills
5	neuromuscular	44	49	54	strides &	HMP (3:00 rest); 2M	40 min easy w/ strides			2:10 to 2:20 @	& strength
	fitness				drills	c/d	& drills		w/ strides & drills	long run pace	session
5-Feb					6	8.5	5	6	5	17	5
	Aerobic				50-60 min		Cardio Crosstrain/	, , , , , , , , , , , , , , , , , , ,	Ū		45-50 min easy
0	conditioning &				easy w/	2M w/u; 4 x 1K @ 10K		50-55 min	Cardio Crosstrain/		w/ strides, drills
6	neuromuscular	43	48	53	strides &	pace (1:00 rest); 2M	40 min easy w/ strides		0 to 40 min easy	16-18 miles @	& strength
	fitness				drills	c/d	& drills		w/ strides & drills	long run pace	session
12-Feb					6	10	5	7	5	18	5
	Aerobic				50-60 min		Cardio Crosstrain/				45-50 min easy
7	conditioning &	46	E 1	56	easy w/		Yoga & Strength/ 0 to	60-65 min	Cardio Crosstrain/		w/ strides, drills
1	neuromuscular	46	51	90	strides &	2M w/u; 2 x 3M @ MP	40 min easy w/ strides	easy w/	0 to 40 min easy	2:20 to 2:30 @	& strength
	fitness				drills	(2:00 rest); 2M c/d	& drills	strides & drills	w/ strides & drills	long run pace	session
19-Feb					6	11.5	5	7	6	20	5
	Aerobic				50-60 min		Cardio Crosstrain/				45-50 min easy
8	conditioning &	50	55	61	easy w/		0 0	60-65 min	Cardio Crosstrain/		w/ strides, drills
-	neuromuscular				strides &		40 min easy w/ strides	-	•		& strength
	fitness				drills	2M c/d	& drills	strides & drills	w/ strides & drills	run pace	session

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

					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week	Purpose	,	Wkly	`			Cardio Xtrain, Yoga, rest or	Short interval	Cardio Crosstrain, rest		Recovery Run &
		IVIIN	Mid	wax	Recovery Run	Long interval workout	easy run	workout	or easy run	Long run	strength session
26-Feb					6	11.5	6	7	6	18	5
					50-60 min		Cardio Crosstrain/				45-50 min easy
9	Specific endurance	48	54	60	easy w/		0		Cardio Crosstrain/		w/ strides, drills
U					strides &		40 min easy w/ strides		0 to 50 min easy	18 miles @ long	& strength
					drills	2M c/d	& drills	strides & drills	w/ strides & drills	run pace	session _
4-Mar					6	11.5	6	1	6	20	5
					50-60 min	ONA when 40, 44 Comove	Cardio Crosstrain/	CO. CE min	Candia Craastrain/		45-50 min easy
10	Specific endurance	50	56	62	easy w/		0 0		Cardio Crosstrain/		w/ strides, drills
					strides &	Ks; 2M c/d OR 10-12 miles if raced	40 min easy w/ strides	-	-	20 miles @ long	& strength
11-Mar					drills 6	13	& drills 6		w/ strides & drills 6	run pace 4	session 17
i i-iviai					50-60 min	15	o Cardio Crosstrain/	1	0	4	17
					easy w/	2M w/u; 70 min @ MP		60-65 min	Cardio Crosstrain/	30-35 min easy w/	
11	Specific endurance	47	53	59	strides &		40 min easy w/ strides		0 to 50 min easy	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	20	5
					REST or 40-		Cardio Crosstrain/		Ū		45-50 min easy
40					55 min easy			60-65 min	Cardio Crosstrain/		w/ strides, drills
12	Specific endurance	48	55	60	w/ strides &	~90 min easy with	40 min easy w/ strides			20 miles @ long	& strength
					drills	-	& drills	•	w/ strides & drills	run pace	session
25-Mar					6	14	5	7	5	22	5
					50-60 min		Cardio Crosstrain/				45-50 min easy
10		- 4		64	easy w/	2M w/u; 80 min @ MP	Yoga & Strength/ 0 to	60-65 min	Cardio Crosstrain/		w/ strides, drills
13	Specific endurance	54	59	64	strides &	(max = 12 miles); 2M	40 min easy w/ strides	easy w/	0 to 40 min easy	22+ miles @ long	& strength
					drills	c/d	& drills	strides & drills	w/ strides & drills	run pace	session
1-Apr					6	11.5	5	7	4	18	4
					50-60 min		Cardio Crosstrain/				30-35 min easy
14	Specific endurance	47	52	56	easy w/		0 0		Cardio Crosstrain/		w/ strides, drills
14	& lactate clearance	<i>''</i>	52	50	strides &		40 min easy w/ strides	•	0 to 32 min easy		& strength
					drills	2M c/d	& drills		w/ strides & drills	17-20 mile run	session
8-Apr					5	9	4	5	4	12	4
					40-55 min		Cardio Crosstrain/	40-50 min			30-35 min easy
15	Specific endurance	35	39	43	easy w/	70.75	0 0	,	Cardio Crosstrain/		w/ strides, drills
10	& lactate clearance				strides &	70-75 min w/ 4-5 miles			0 to 32 min easy		& strength
4 - 4					drills	@ MP	& drills		w/ strides & drills	2 miles @ MP	session
15-Apr					5 40 <i>EE</i> min	7.5	0	5 10 50 min	2	2	26.2
	Ou a sifi a sur dama				40-55 min			40-50 min			
16	Specific endurance & lactate clearance	46	46	48	easy w/	60 minutes w/ fine! 0		easy w/	DEST or 10 15		
					strides &	60 minutes w/ final 2 miles @ MP	REST		REST or 10-15 min shakeout	REST or 10-15	London
		I	I		drills		NE31	รแนะร	min snakeoul	min shakeout	Marathon!!!