

Dashing Whippets 2024 Training Plan for the New York City Marathon (Advanced Plan)

Overview:

This *advanced* 18-week plan helps runners prepare for the New York City Marathon. 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

| 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 |
| 1-Jul | | | | | 6 | 10 | 4 | 9 | 5 | 16 | 5 |
| 1 | Lactate Threshold, Endurance, VO2Max | 43 | 54 | 65 | 45-55 min easy with strides/drills | 2M w/u; 3-6 x 1 Mile @ Lactate Threshold (Roughly 15K Pace) w/ 90 sec recovery; 2M c/d | Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills | 2M w/u, 4-5 x 1200 @ 10K w/ 400m recovery + 4 x 200 @ Mile w/ 200m recovery; 1-2M c/d | REST or up to 45 min easy with strides/drills | 12-16 Miles @ long run pace | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 8-Jul | | | | | 5 | 9 | 4 | 10 | 5 | 17 | 5 |
| 2 | Lactate Threshold, Endurance, VO2Max | 44 | 55 | 66 | 45-55 min easy with strides/drills | 2M w/u; 4-6 Miles @ HMP; 2M c/d | Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills | 2M w/u; 8-12 x 400m @ 5K pace (200m recovery); 2M c/d | REST or up to 45 min easy with strides/drills | 13-17 Miles @ long run pace | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 15-Jul | | | | | 5 | 10 | 4 | 8 | 5 | 18 | 5 |
| 3 | Lactate Threshold, Endurance, VO2Max | 44 | 55 | 66 | 45-55 min easy with strides/drills | 2M w/u; 2-3 x 2 Mile @ Lactate Threshold (Roughly 15K Pace) w/ 2 min recovery; 2M c/d | Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills | 2 w/u; 5-8 x 800 @ 5K w/ 400m recovery; 2M c/d | REST or up to 45 min easy with strides/drills | 14-18 Miles @ long run pace *Advanced Option to include MP Miles up to 15% of weekly volume | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 22-Jul | | | | | 5 | 8 | 5 | 5 | 5 | 3 | 8 |

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| 19-Aug | | | | | 6 | 10 | 6 | 9 | 5 | 16 | 5 |
| 8 | Lactate Threshold, Endurance, Anaerobic Capacity | 49 | 58 | 73 | 50-60 min easy with strides/drills | 2M w/u, 3 Miles @ MP, 5 min Easy, 2 Miles @ HMP, 5 min Easy, 1 Mile @ Threshold, 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u, 3-4 x 200/200/400 @ Mile w/ equal part recovery, 2M c/d | REST or up to 45 min easy with strides/drills | 14 to 18 Miles @ long run pace | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 26-Aug | | | | | 6 | 10 | 6 | 8 | 5 | 20 | 5 |
| 9 | Lactate Threshold, Endurance, Anaerobic Capacity | 49 | 61 | 73 | 50-60 min easy with strides/drills | 2M w/u, 8-12 x .25 Mile Hill Repeats @ HMP (equal part recovery), 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u; 6 x 400m @ Mile, equal part recovery; 2M c/d | REST or up to 45 min easy with strides/drills | 16 to 20 Miles @ long run pace | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 2-Sep | | | | | 6 | 10 | 6 | 8 | 5 | 18 | 5 |
| 10 | Specific Prep, Sub Threshold, Lactate Buffering | 46 | 58 | 70 | 50-60 min easy with strides/drills | 2M w/u; 2-3 x 2 Mile @ Lactate Threshold (Roughly 15K Pace) w/ 2 min recovery; 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u; 5 x 600 @ 5K, 400m recovery; 2M c/d | REST or up to 45 min easy with strides/drills | 17 to 21 Miles @ long run pace | 5th Avenue Mile |
| 9-Sep | | | | | 6 | 12 | 6 | 9 | 5 | 20 | 5 |
| 11 | Specific Prep, Sub Threshold, Lactate Buffering | 50 | 63 | 76 | 50-60 min easy with strides/drills | 2M w/u, 6-8 Miles @ MP, 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u; 4 x 1000m @ 10K, 400m recovery + 4 x 400 @ 5K, 200m Recovery; 2M c/d | REST or up to 45 min easy with strides/drills | 18 to 22 Miles @ long run pace | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 16-Sep | | | | | 6 | 12 | 6 | 9 | 5 | 18 | 5 |
| 12 | Specific Prep, Sub Threshold, Lactate Buffering | 49 | 61 | 73 | 50-60 min easy with strides/drills | 2M w/u, 10-12 x Canova K, 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u, 6-8 x 800 @ 5K, 400m recovery, 2M c/d | REST or up to 45 min easy with strides/drills | Non racers: 14-16 Miles *Option to include MP Miles up to 15% of weekly volume Racers: REST or up to 45 min easy with strides/ drills | Bronx 10 Miler |
| 23-Sep | | | | | 6 | 10 | 6 | 10 | 5 | 20 | 5 |

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| 13 | Specific Prep, Sub Threshold, Lactate Buffering | 50 | 62 | 74 | 50-60 min easy with strides/ drills | If raced: 60-90 min easy with strides/ drills. Non racers: 2M w/u; 8-12x (.25 hill / .25 recovery .25 flat @ 3K / .25 recovery); 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u, 3-4 x 2k @ 10K, 400m recovery + 4 x 400 @ 5K, 200m recovery, 2M c/d | REST or up to 45 min easy with strides/ drills | Metric Marathon - 16 - 18 Miles mostly at MP | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 30-Sep | | | | | 5 | 10 | 6 | 8 | 5 | 18 | 5 |
| 14 | Specific Prep, Sub Threshold, Lactate Buffering | 46 | 57 | 68 | 45-55 min easy with strides/ drills | 2M w/u; 3-6 x 1 Mile @ Lactate Threshold (Roughly 15K Pace) w/ 90 sec recovery; 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u, 4-6 x 1200m @ 10K (400m recovery) + 2 x 800 @ 5K (400m recovery); 2M c/d | REST or up to 45 min easy with strides/ drills | 18 to 20 miles @ long run pace | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 7-Oct | | | | | 6 | 12 | 6 | 9 | 5 | 22 | 5 |
| 15 | Specific Prep, Sub Threshold, Lactate Buffering | 52 | 65 | 78 | REST or 50-60 min easy with strides/ drills | 2M w/u, 6-10 Miles @ MP, 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u, 4-6 x 1000m @ 10K (400m Recovery), For Racers - Use HMP Pace, 2M c/d | REST or up to 45 min easy with strides/ drills | Non Racers: 18-22 Miles Racers: REST or up to 45 min easy with strides/ drills | Staten Island Half (Club Points); 2-3M w/u, race, 1-2M c/d |
| 14-Oct | | | | | 6 | 12 | 6 | 9 | 5 | 20 | 5 |
| 16 | Specific Prep, Sub Threshold, Lactate Buffering | 50 | 63 | 76 | 50-60 min easy with strides/ drills | 2M w/u, 10-12 x Canova K, 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u; 5 x 600 @ 5K (400m recovery); 2M c/d | REST or up to 45 min easy with strides/ drills | 18 to 20 Miles @ long run pace | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 21-Oct | | | | | 4 | 10 | 4 | 4 | | 12 | 5 |
| 17 | Lactate clearance | 31 | 39 | 47 | 35 min easy with strides/ drills | 10 Miles w/ 6 @ MP | Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills | 50-60 min easy with strides/ drills | REST | 10 - 12 Miles @ long run pace | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 28-Oct | | | | | 4 | 6 | | 3.5 | 2 | 2 | 26.2 |
| 18 | Lactate clearance | | | | 35 min easy with strides/ drills | 45-50 min easy w/ last 2 Miles @ MP | REST | 30 min easy with strides/ drills | REST or 10-20 min shakeout | REST or 10-20 min shakeout | NYC Marathon! |