

Dashing Whippets 2024 Training Plan for the New York City Marathon (2Q Plan)					Overview: This 2 <i>workout</i> 18-week plan helps runners prepare for the New York City Marathon. Runners should have logged at least 25 miles per week for at least a month before beginning this plan. The omission of the Thursday workout allows runners to focus on executing their Tuesday/ Saturday session, while allowing extra recovery time.							Notes
Week	Purpose	Weekly Miles...			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
		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					5	6		7		14	5	
1	Lactate Threshold, Endurance	33	37	41	45 min easy with strides/drills	1.5M w/u; 3 x 1 Mile @ Lactate Threshold (Roughly 15K Pace) w/ 90 sec recovery; 1.5M c/d	Crosstrain/ Yoga/ or Day Off	60 min easy	REST	12-16 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	*When choosing reps, time @ Threshold should be 10% or less of weekly volume, 5K pace should be 8% or less of weekly volume
8-Jul					5	6		7		15	5	
2	Lactate Threshold, Endurance	34	38	42	45 min easy with strides/drills	1.5M w/u; 3-4 Miles @ HMP; 1.5M c/d	Crosstrain/ Yoga/ or Day Off	60 min easy	REST	13-17 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	HMP - 10% of less of weekly volume 10K - 8% or less of weekly volume
15-Jul					5	7		7		16	5	
3	Lactate Threshold, Endurance	36	40	44	45 min easy with strides/drills	1.5M w/u; 2 x 2 Mile @ Lactate Threshold (Roughly 15K Pace) w/ 2 min recovery; 1.5M c/d	Crosstrain/ Yoga/ or Day Off	60 min easy	REST	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	Threshold - 10% of less of weekly volume 5K - 8% or less of weekly volume
22-Jul					5	7		5		14	5	

4	Lactate Threshold, Endurance	32	36	40	45 min easy with strides/ drills	Athletes Racing: 1.5M w/u, 1 Miles @ HMP + 1 Mile @ Lactate Threshold (Roughly 15K Pace)+1 Mile @ 5 Mile Pace (all w/ 90 sec recovery), 1.5M c/d Non racers: 2M w/u, 2M @ HMP+1 Mile @ Lactate Threshold (Roughly 15K Pace) + 1 Mile @ 5 Mile Race Pace (all w/ 90 sec recovery), 2M c/d	Crosstrain/ Yoga/ or Day Off	45 min easy	REST	Team Champs Runners: REST or up to 30 min easy with strides/ drills Non Racers: 12- 16 Miles @ Long Run Pace	Team Champs!!	**Pull back week
29-Jul					5	7		7		16	5	
5	Lactate Threshold, Endurance	36	40	44	45 min easy with strides/ drills	1.5M w/u, 8-10 x . 25 Mile Hill Repeats @ HMP (equal part recovery), 1.5M c/d	Crosstrain/ Yoga/ or Day Off	60 min easy with strides/ drills	REST	14 to 18 Miles @ Long Run Pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	
5-Aug					6	7		7		17	5	
6	Lactate Threshold, Endurance	38	42	46	55 min easy with strides/ drills	1.5M w/u, 2 x 2K @ Lactate Threshold (Roughly 15K pace) +2 x 1K @ Lactate Threshold, 1.5M c/d	Crosstrain/ Yoga/ or Day Off	60 min easy with strides/ drills	REST	15 to 19 Miles *Option to include MP Miles up to 15% of weekly volume	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	
12-Aug					6	9		7		18	5	
7	Lactate Threshold, Endurance	41	45	50	55 min easy with strides/ drills	1.5M w/u, 6-8 Miles @ MP, 1.5M c/d	Crosstrain/ Yoga/ or Day Off	60 min easy with strides/ drills	REST	16 to 20 Miles	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	
19-Aug					6	7		5		16	5	
8	Lactate Threshold, Endurance	35	39	43	55 min easy with strides/ drills	1.5M w/u, 2 Miles @ MP, 5 min Easy, 2 Miles @ HMP, 1.5M c/d	Crosstrain/ Yoga/ or Day Off	45 min easy	REST	14 to 18 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	
26-Aug					6	7		7		18	5	
9	Lactate Threshold, Endurance	39	43	47	55 min easy with strides/ drills	1.5M w/u, 8-10 x . 25 Mile Hill Repeats @ HMP (equal part recovery), 1.5M c/d	Crosstrain/ Yoga/ or Day Off	60 min easy with strides/ drills	REST	16 to 20 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	
2-Sep					6	7		7		19	5	

10	Specific Prep, Sub Threshold	40	44	48	55 min easy with strides/drills	1.5M w/u; 2 x 2 Mile @ Lactate Threshold (Roughly 15K Pace) w/ 2 min recovery; 1.5M c/d	Crosstrain/ Yoga/ or Day Off	60 min easy with strides/drills	REST	17 to 21 Miles @ long run pace	5th Avenue Mile	
9-Sep					7	9		7		20	5	
11	Specific Prep, Sub Threshold	43	48	53	60 min easy with strides/drills	1.5M w/u, 6-8 Miles @ MP, 1.5M c/d	Crosstrain/ Yoga/ or Day Off	60 min easy with strides/drills	REST	18 to 22 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	
16-Sep					7	8		5		15	5	
12	Specific Prep, Sub Threshold	36	40	44	60 min easy with strides/drills	1.5M w/u, 8-10 x Canova K, 1.5M c/d	Crosstrain/ Yoga/ or Day Off	45 min easy	REST	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					7	8		7		17	5	
13	Specific Prep, Sub Threshold	40	44	48	60 min easy with strides/drills	If raced: 60-75 min easy with strides/drills. Non racers: 1.5M w/u; 8-10x (.25 hill / .25 recovery .25 flat @ 3K / .25 recovery); 1.5M c/d	Crosstrain/ Yoga/ or Day Off	60 min easy with strides/drills	REST	Metric Marathon - 16 - 18 Miles mostly at MP	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	*Include tips from Molly on how to best execute Hills & Speed Intervals
30-Sep					7	7		7		19	5	
14	Specific Prep, Sub Threshold	41	45	50	60 min easy with strides/drills	1.5M w/u; 3 x 1 Mile @ Lactate Threshold (Roughly 15K Pace) w/ 90 sec recovery; 1.5M c/d	Crosstrain/ Yoga/ or Day Off	60 min easy with strides/drills	REST	18 to 20 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	
7-Oct					7	9		7		20		
15	Specific Prep, Sub Threshold	39	43	47	60 min easy with strides/drills	1.5M w/u, 6-10 Miles @ MP, 1.5M c/d	Crosstrain/ Yoga/ or Day Off	60 min easy with strides/drills	REST	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					7	8		7		19		

16	Specific Prep, Sub Threshold	37	41	45	60 min easy with strides/drills	1.5M w/u, 8-10 x Canova K, 1.5M c/d	Crosstrain/ Yoga/ or Day Off	60 min easy with strides/drills	REST	18 to 20 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	
21-Oct					4	8	4	4		12	5	
17	Lactate clearance	33	37	41	35 min easy with strides/drills	8 Miles w/ 4 @ MP	Crosstrain/ Yoga/ or Day Off	45 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	26.2	
18	Lactate clearance	38	42	46	35 min easy with strides/drills	45-50 min easy w/ last 2 Miles @ MP	REST	30 min easy with strides/drills	REST	REST or 10-20 min shakeout	NYC Marathon!	