

Dashing Whippets 2024 Training Plan for the New York City Marathon (Intermediate Plan)					Overview: This <i>intermediate</i> 18-week plan helps runners prepare for the New York City Marathon. Runners should have logged at least 30 miles per week for at least a month before beginning this plan and feel comfortable with completing two workouts per week throughout the cycle							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	8		8		14	5	
1	Lactate Threshold, Endurance, VO2Max	36	40	44	45 min easy with strides/drills	2M w/u; 3-4 x 1 Mile @ Lactate Threshold (Roughly 15K Pace) w/ 90 sec recovery; 2M c/d	Crosstrain/ Yoga/ or Day Off	2M w/u, 3-4 x 1200 @ 10K w/ 400m recovery + 4 x 200 @ Mile w/ 200m recovery; 1-2M c/d	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	8		8		15	5	
2	Lactate Threshold, Endurance, VO2Max	37	41	45	45 min easy with strides/drills	2M w/u; 3-5 Miles @ HMP; 2M c/d	Crosstrain/ Yoga/ or Day Off	2M w/u; 8-10 x 400m @ 5K pace (200m recovery); 2M c/d	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	8		8		16	5	
3	Lactate Threshold, Endurance, VO2Max	38	42	46	45 min easy with strides/drills	2M w/u; 2 x 2 Mile @ Lactate Threshold (Roughly 15K Pace) w/ 2 min recovery; 2M c/d	Crosstrain/ Yoga/ or Day Off	2 w/u; 5-6 x 800 @ 5K w/ 400m recovery; 2M c/d	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		6		14	5	

4	Lactate Threshold, Endurance, VO2Max	33	37	41	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	2M w/u; 2x400m at 5mi pace, 2x300m at 5k pace, 2x200m at Mile pace (200m jog after every rep), 2M c/d	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	8		8		16	5	
5	Lactate Threshold, Endurance, Anerobic Capacity	38	42	46	45 min easy with strides/ drills	2M w/u, 8-10 x .25 Mile Hill Repeats @ HMP (equal part recovery), 2M c/d	Crosstrain/ Yoga/ or Day Off	2M w/u, 2 x (6-8 x 200) @ Mile w/ equal part recovery, 800m recovery between 2 sets, 2M c/d	REST	14 to 18 Miles @ Long Run Pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	
5-Aug					6	8		8		17	5	
6	Lactate Threshold, Endurance, Anerobic Capacity	40	44	48	55 min easy with strides/ drills	2M w/u, 2 x 2K @ Lactate Threshold (Roughly 15K pace) +2 x 1K @ Lactate Threshold, 2M c/d	Crosstrain/ Yoga/ or Day Off	2M w/u, 8 x 200 + 4 x 400 @ Mile Pace (Equal part recovery), 2M c/d	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	10		8		18	5	
7	Lactate Threshold, Endurance, Anerobic Capacity	42	47	52	55 min easy with strides/ drills	2M w/u, 6-8 Miles @ MP, 2M c/d	Crosstrain/ Yoga/ or Day Off	2M w/u, 2 x (4 x 400) @ Mile, 800m recovery between, 2M c/d	REST	16 to 20 Miles	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	
19-Aug					6	10		8		16	5	
8	Lactate Threshold, Endurance, Anerobic Capacity	41	45	50	55 min easy with strides/ drills	2M w/u, 3 Miles @ MP, 5 min Easy, 2 Miles @ HMP, 2M c/d	Crosstrain/ Yoga/ or Day Off	2M w/u, 3-4 x 200/200/400 @ Mile w/ equal part recovery, 2M c/d	REST	14 to 18 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	
26-Aug					6	8		7		18	5	
9	Lactate Threshold, Endurance, Anerobic Capacity	40	44	48	55 min easy with strides/ drills	2M w/u, 8-10 x .25 Mile Hill Repeats @ HMP (equal part recovery), 2M c/d	Crosstrain/ Yoga/ or Day Off	2M w/u; 6 x 400m @ Mile, equal part recovery; 2M c/d	REST	16 to 20 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	
2-Sep					6	8		7		19	5	

10	Specific Prep, Sub Threshold, Lactate Buffering	41	45	50	55 min easy with strides/drills	2M w/u; 2 x 2 Mile @ Lactate Threshold (Roughly 15K Pace) w/ 2 min recovery; 2M c/d	Crosstrain/ Yoga/ or Day Off	2M w/u; 5 x 600 @ 5K, 400m recovery; 2M c/d	REST	17 to 21 Miles @ long run pace	5th Avenue Mile	
9-Sep					7	10		7		20	5	
11	Specific Prep, Sub Threshold, Lactate Buffering	44	49	54	60 min easy with strides/drills	2M w/u, 6-8 Miles @ MP, 2M c/d	Crosstrain/ Yoga/ or Day Off	2M w/u; 3 x 1000m @ 10K, 400m recovery + 3 x 400 @ 5K, 200m Recovery; 2M c/d	REST	18 to 22 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	
16-Sep					7	10		8		15	5	
12	Specific Prep, Sub Threshold, Lactate Buffering	41	45	50	60 min easy with strides/drills	2M w/u, 10-12 x Canova K, 2M c/d	Crosstrain/ Yoga/ or Day Off	2M w/u, 6 x 800 @ 5K, 400m recovery, 2M c/d	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		8		17	5	
13	Specific Prep, Sub Threshold, Lactate Buffering	41	45	50	60 min easy with strides/drills	If raced: 60-75 min easy with strides/drills. Non racers: 2M w/u; 8-10x (.25 hill / .25 recovery .25 flat @ 3K / .25 recovery); 2M c/d	Crosstrain/ Yoga/ or Day Off	2M w/u, 2-3 x 2k @ 10K, 400m recovery + 4 x 400 @ 5K, 200m recovery, 2M c/d	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	8		8		19	5	
14	Specific Prep, Sub Threshold, Lactate Buffering	42	47	52	60 min easy with strides/drills	2M w/u; 3-4 x 1 Mile @ Lactate Threshold (Roughly 15K Pace) w/ 90 sec recovery; 2M c/d	Crosstrain/ Yoga/ or Day Off	2M w/u, 3-4 x 1200m @ 10K (400m recovery) + 2 x 800 @ 5K (400m recovery); 2M c/d	REST	18 to 20 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	
7-Oct					7	10		8		20		

15	Specific Prep, Sub Threshold, Lactate Buffering	41	45	50	60 min easy with strides/ drills	2M w/u, 6-10 Miles @ MP, 2M c/d	Crosstrain/ Yoga/ or Day Off	2M w/u, 4-6 x 1000m @ 10K (400m Recovery), For Racers - Use HMP Pace, 2M c/d	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	10		7		19	
16	Specific Prep, Sub Threshold, Lactate Buffering	39	43	47	60 min easy with strides/ drills	2M w/u, 10-12 x Canova K, 2M c/d	Crosstrain/ Yoga/ or Day Off	2M w/u; 4-5 x 600 @ 5K (400m recovery); 2M c/d	REST	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	35	39	43	35 min easy with strides/ drills	10 Miles w/ 6 @ MP	Crosstrain/ Yoga/ or Day Off	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	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!