

Dashing Whippets 2024 Training Plan for the Berlin Marathon (Intermediate Plan)

Overview:

This intermediate 13-week plan helps runners prepare for the Berlin Marathon. Experienced 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

		Weekly Miles...			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week	Purpose	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		16	5
1	Lactate Threshold, Endurance, VO2Max	38	42	46	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
8-Jul					5	8		8		17	5
2	Lactate Threshold, Endurance, VO2Max	39	43	47	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
15-Jul					5	8		8		18	5
3	Lactate Threshold, Endurance, VO2Max	40	44	48	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

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!!
29-Jul					5	8		8		18	5
5	Lactate Threshold, Endurance, Anerobic Capacity	40	44	48	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		19	5
6	Lactate Threshold, Endurance, Anerobic Capacity	41	46	51	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		20	5
7	Lactate Threshold, Endurance, Anerobic Capacity	44	49	54	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		20	5
10	Specific Prep, Sub Threshold, Lactate Buffering	41	46	51	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					4	10	4	6	0	12	5
12	Taper	37	41	45	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
23-Sep					4	6		3.5	2	2	26.2
13	Taper				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	Berlin Marathon