

Dashing Whippets 2024 Training Plan for the Berlin Marathon (2Q Plan)

Overview:

This 2 workout 13-week plan helps runners prepare for the Berlin 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.

		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	6		7		15	5
1	Lactate Threshold, Endurance, VO2Max	34	38	42	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
8-Jul					5	6		7		16	5
2	Lactate Threshold, Endurance, VO2Max	35	39	43	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

15-Jul					5	7		7		17	5
3	Lactate Threshold, Endurance, VO2Max	37	41	45	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
22-Jul					5	7		5		14	5
4	Lactate Threshold, Endurance, VO2Max	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!!

29-Jul					5	7		7		17	5
5	Lactate Threshold, Endurance, Anerobic Capacity	37	41	45	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		18	5
6	Lactate Threshold, Endurance, Anerobic Capacity	39	43	47	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		19	5
7	Lactate Threshold, Endurance, Anerobic Capacity	41	46	51	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		15	5
8	Lactate Threshold, Endurance, Anerobic Capacity	34	38	42	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, Anerobic Capacity	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		20	5
10	Specific Prep, Sub Threshold, Lactate Buffering	41	45	50	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, Lactate Buffering	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					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