

## Dashing Whippets 2024 Training Plan for the Chicago Marathon (Advanced Plan)

This *advanced* 15-week plan helps runners prepare for the Chicago 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

### Overview:

		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					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
4	Lactate Threshold, Endurance, VO2Max	29	34	39	45-55 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/ 0 to 45 min easy w/ strides & drills	2M w/u; 2x400m at 5mi pace, 2x300m at 5k pace, 2x200m at Mile pace (200m jog after every rep), 2M c/d	REST or up to 45 min easy with strides/ drills	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	10	5	9	5	17	5
5	Lactate Threshold, Endurance, Anerobic Capacity	45	56	67	45-55 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 45 min easy w/ strides & drills	2M w/u, 2 x (8 x 200) @ Mile w/ equal part recovery, 800m recovery between 2 sets, 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
5-Aug					6	10	5	9	5	18	5
6	Lactate Threshold, Endurance, Anerobic Capacity	46	58	70	50-60 min easy with strides/ drills	2M w/u, 3 x 2K @ Lactate Threshold (Roughly 15K pace)+3 x 1K @ Lactate Threshold, 2M c/d	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	2M w/u, 8 x 200 + 4 x 400 @ Mile Pace (Equal part recovery), 2M c/d	REST or up to 45 min easy with strides/ drills	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	12	5	9	5	19	5
7	Lactate Threshold, Endurance, Anerobic Capacity	48	60	72	50-60 min easy with strides/ drills	2M w/u, 6-8 Miles @ MP, 2M c/d	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	2M w/u, 2 x (4 x 400) @ Mile, 800m recovery between, 2M c/d	REST or up to 45 min easy with strides/ drills	16 to 20 Miles	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
19-Aug					6	10	6	9	5	16	5
8	Lactate Threshold, Endurance, Anerobic 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, Anerobic 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	21	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	22	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	22	5
13	Specific Prep, Sub Threshold, Lactate Buffering	58	64	70	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	18-22 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
30-Sep					5	10	6	8	5	12	5
14	Taper	46	51	56	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
7-Oct					4	6		3.5	2	2	26.2
15	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	Chicago Marathon