

<b>Dashing Whippets 2024 Training Plan for the Philadelphia Marathon (Advanced Plan)</b>					<b>Overview:</b> This <i>advanced</i> 15-week plan helps runners prepare for the Philadelphia 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						
		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
12-Aug					6	12	5	9	5	14	5
<b>1</b>	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	12 to 16 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
19-Aug					6	10	6	9	5	16	5
<b>2</b>	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	13 to 17 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
26-Aug					6	10	6	8	5	16	5
<b>3</b>	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	14 - 18 Miles @ long run pace *Option to include MP Miles up to 15% of weekly volume	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills

2-Sep					6	10	6	8	5	14	5
4	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	12 to 16 Miles @ long run pace	5th Avenue Mile
9-Sep					6	12	6	9	5	16	5
5	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	14 to 18 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
16-Sep					6	12	6	9	5	18	5
6	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: 15-19 Miles @ long run pace Racers: 30 min Easy or Rest	Bronx 10 Miler

23-Sep					6	10	6	10	5	18	5
7	Specific Prep, Sub Threshold, Lactate Buffering	50	62	74	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	Metric Marathon - 16 - 18 Miles mostly at MP *Bronx 10 Mile Runners, all easy pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
30-Sep					5	10	6	8	5	18	5
8	Specific Prep, Sub Threshold, Lactate Buffering	46	57	68	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 55 min easy w/ strides & drills	2M w/u, 4-6 x 1200m @ 10K (400m recovery) + 2 x 800 @ 5K (400m 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
7-Oct					6	12	6	9	5	22	5
9	Specific Prep, Sub Threshold, Lactate Buffering	52	65	78	REST or 50-60 min easy with strides/ drills	2M w/u, 6-10 Miles @ MP, 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 4-6 x 1000m @ 10K (400m Recovery), For Racers - Use HMP Pace, 2M c/d	REST or up to 45 min easy with strides/ drills	Non Racers: 16-20 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					6	12	6	9	5	20	5
10	Specific Prep, Sub Threshold, Lactate Buffering	50	63	76	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; 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	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills

21-Oct					6	10	6	10	5	20	5
11	Specific Prep, Sub Threshold, Lactate Buffering	56	62	68	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, 4-5 x 1200 @ 5K, 800m 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
28-Oct					6	10	6	10	5	18	5
12	Specific Prep, Sub Threshold, Lactate Buffering	54	60	66	50-60 min easy with strides/ drills	2M w/u; 3 x 2 Mile @ Lactate Threshold (Roughly 15K Pace) w/ 2min recovery; 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	14 - 18 Miles @ long run pace *Option to include MP Miles up to 15% of weekly volume	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
4-Nov					6	10	6	8	5	22	5
13	Specific Prep, Sub Threshold, Lactate Buffering	56	62	78	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, 2-3 x 1600 @ 5K (800m recovery), 2M CD	REST or up to 45 min easy with strides/ drills	20 - 22 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
11-Nov					4	10	4	4		12	5
14	Lactate clearance	31	39	47	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
18-Nov					4	6		3.5	2	2	26.2
15	Lactate clearance	31	39	47	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	Philly Marathon!