

Dashing Whippets 2024 Training Plan for the Philadelphia Marathon (Intermediate Plan)					Overview: This <i>intermediate</i> 15-week plan helps runners prepare for the Philadelphia 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
12-Aug					6	9	5	8	0	14	5
1	Lactate Threshold, Endurance, Anerobic Capacity	38	47	52	50-60 min easy with strides/ drills	1.5M w/u, 6 Miles @ MP, 1.5M c/d	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	1.5M w/u, 2 x (4 x 400) @ Mile, 800m recovery between, 1.5M c/d	REST	12 to 16 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
19-Aug					6	8	6	8	0	15	5
2	Lactate Threshold, Endurance, Anerobic Capacity	38	48	53	50-60 min easy with strides/ drills	1.5M w/u, 2 Miles @ MP, 5 min Easy, 2 Miles @ HMP, 5 min Easy, 1 Mile @ Threshold, 1.5M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	1.5M w/u, 3-4 x 200/200/400 @ Mile w/ equal part recovery, 1.5M c/d	REST	13 to 17 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
26-Aug					6	8	6	8	0	16	5
3	Lactate Threshold, Endurance, Anerobic Capacity	39	49	54	50-60 min easy with strides/ drills	1.5M w/u, 8 x .25 Mile Hill Repeats @ HMP (equal part recovery), 1.5M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	1.5M w/u; 6 x 400m @ Mile, equal part recovery; 2M c/d	REST	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	8	6	8	0	14	5
4	Specific Prep, Sub Threshold, Lactate Buffering	38	47	52	50-60 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/ 0 to 55 min easy w/ strides & drills	1.5M w/u; 5 x 600 @ 5K, 400m recovery; 1.5M c/d	REST	12 to 16 Miles @ long run pace	5th Avenue Mile
9-Sep					6	10	6	8	0	16	5
5	Specific Prep, Sub Threshold, Lactate Buffering	41	51	56	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	1.5M w/u; 4 x 1000m @ 10K, 400m recovery + 4 x 400 @ 5K, 200m Recovery; 1.5M c/d	REST	14 to 18 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
16-Sep					6	10	6	7	0	17	5
6	Specific Prep, Sub Threshold, Lactate Buffering	41	51	56	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	1.5M w/u, 6 x 800 @ 5K, 400m recovery, 1.5M c/d	REST	Non racers: 15 - 19 Miles @ long run pace Racers: 30 min Easy or Rest	Bronx 10 Miler
23-Sep					6	8	6	8	0	16	5
7	Specific Prep, Sub Threshold, Lactate Buffering	39	49	54	50-60 min easy with strides/ drills	If raced: 60-90 min easy with strides/ drills. Non racers: 1.5M w/u; 8 x (.25 hill / .25 recovery .25 flat @ 3K / .25 recovery); 1.5M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	1.5M w/u, 3 x 2k @ 10K, 400m recovery + 4 x 400 @ 5K, 200m recovery, 1.5M c/d	REST	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	7	6	8	0	16	5
8	Specific Prep, Sub Threshold, Lactate Buffering	38	47	52	45-55 min easy with strides/ drills	1.5M w/u; 4 x 1 Mile @ Lactate Threshold (Roughly 15K Pace) w/ 90 sec recovery; 1.5M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	1.5M w/u, 4 x 1200m @ 10K (400m recovery) + 2 x 800 @ 5K (400m recovery); 1.5M c/d	REST	14 to 18 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
7-Oct					6	10	6	8	0	18	5
9	Specific Prep, Sub Threshold, Lactate Buffering	42	53	58	REST or 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	1.5M w/u, 4 x 1000m @ 10K (400m Recovery), For Racers - Use HMP Pace, 1.5M c/d	REST	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	9	6	8	0	19	5
10	Specific Prep, Sub Threshold, Lactate Buffering	42	53	58	50-60 min easy with strides/ drills	1.5M w/u, 10 x Canova K, 1.5M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	1.5M w/u; 5 x 600 @ 5K (400m recovery); 1.5M c/d	REST	17 to 21 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
21-Oct					6	8	6	8	0	20	5
11	Specific Prep, Sub Threshold, Lactate Buffering	42	53	58	50-60 min easy with strides/ drills	1.5 M w/u, 8 x .25 Mile Hill Repeats @ HMP (equal part recovery), 1.5M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	1.5M w/u, 4 x 1200 @ 5K, 800m recovery, 1.5M c/d	REST	18 to 22 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills

28-Oct					6	8	6	8	0	16	5
12	Specific Prep, Sub Threshold, Lactate Buffering	39	49	54	50-60 min easy with strides/drills	1.5M w/u; 2 x 2 Mile @ Lactate Threshold (Roughly 15K Pace) w/ 2min recovery; 1.5M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	1.5M w/u, 6 x 800 @ 5K, 400m recovery, 1.5M c/d	REST	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	7	0	20	5
13	Specific Prep, Sub Threshold, Lactate Buffering	43	54	59	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	1.5M w/u, 2-3 x 1600 @ 5K (800m recovery), 1.5M CD	REST	20 - 22 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
11-Nov					4	8	4	4	0	12	5
14	Lactate clearance	30	37	41	35 min easy with strides/drills	8 Miles w/ 4 @ 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	0	3.5	0	2	26.2
15	Lactate clearance	33	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	Philly Marathon!