

Sample	Wkly Min	Wkly Mid	Wkly Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	NYC Notes
				Recovery Run	Long interval workout	REST, easy run, or cross train	Short interval workout	REST, easy run, or cross train	Long run	Recovery Run	
28-Dec				5	8.5	4	8	5	13	5	
1	39.5	48.5	53.5	40-56 min easy with 5x100m strides	2M w/u; 2M @ HMP (3:00 rest); 4x400 uphill (down rest); 2M c/d	REST or 32 min easy with 4x100m strides	2M w/u; 2 x 2M @ LT (3:00 rest); 2M c/d	REST or 40 min easy with 4x100m strides	1:45 easy run (MP + 45-60 sec / mile)	REST or 40-56 min easy with 4x100m strides	
4-Jan				5	8	4	7.5	5	14	5	
2	39.5	48.5	54.5	40-56 min easy with 5x100m strides	2M w/u; 4M @ MP; 2M c/d	REST or 32 min easy with 4x100m strides	2M w/u; 5-6 x K @ 10K pace (1:30 rest); 2M c/d	REST or 40 min easy with 4x100m strides	1:50-2:00 easy run (MP + 45-60 sec / mile)	REST or 40-56 min easy with 4x100m strides	Joe Kleinerman 10K on Saturday
11-Jan				5	7	4	8	5	15	5	
3	40	49	56	40-56 min easy with 5x100m strides	2M w/u; 6-9 x 400m uphill @ 5K pace (downhill rest); 2M c/d	REST or 32 min easy with 4x100m strides	2M w/u; 8-12 x 400m @ 5K pace (1:30 rest); 2M c/d	REST or 40 min easy with 4x100m strides	2:00-2:15 easy run (MP + 45-60 sec / mile)	REST or 40-56 min easy with 4x100m strides	
18-Jan				5	8.5	5	8.5	6	6	16	
4	44	55	63	40-56 min easy with 5x100m strides	2M w/u; 3 x 2M @ HMP (3:00 rest); 2M c/d	REST or 40-56 min easy with 4x100m strides	2M w/u; 6-8 x 800m @ 5K pace (2:30 rest); 2M c/d	REST or 48 min easy with 5x100m strides	48 min easy with 5x100m strides	Fred Lebow Half Marathon (3M w/u)	
25-Jan				5	9	5	8	6	17	5	
5	44	55	63	40-56 min easy with 5x100m strides	2M w/u; 5M @ HMP (+2M vs 5K plan); 2M c/d	REST or 40-56 min easy with 4x100m strides	2M w/u; 4-6 x 1200m @ 10K pace (1:30 rest); 2M c/d	REST or 48 min easy with 5x100m strides	2:15 easy run (MP + 45-60 sec / mile)	REST or 40-56 min easy with 4x100m strides	
1-Feb				6	11	5	9	6	18	5	
6	49	60	68	48-64 min easy with 5x100m strides	2M w/u; 3x15 min @ MP on hilly course (2:00 rest); 2M c/d	REST or 40-56 min easy with 4x100m strides	2M w/u; 8-10 Canova Ks; 2M c/d	REST or 48 min easy with 5x100m strides	2:20-2:30 easy run (MP + 45-60 sec / mile)	REST or 40-56 min easy with 4x100m strides	Gridiron 4M on Sunday
8-Feb				6	8	5	11	6	19	5	
7	49	60	70	48-64 min easy with 5x100m strides	2M w/u; 4-6M continuous run alt pace; 2M c/d	REST or 40-56 min easy with 4x100m strides	2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d	REST or 48 min easy with 5x100m strides	2:30-2:45 easy run (MP + 45-60 sec / mile)	REST or 40-56 min easy with 4x100m strides	Thursday: Williamsburg Bridge or Prospect Park hill workout
15-Feb				6	9	6	10	6	20	5	
8	50	62	72	48-64 min easy with 5x100m strides	2M w/u; 5-6M @ HMP; 2M c/d	REST or 48-64 min easy with 4x100m strides	2M w/u; 10-12 Canova Ks; 2M c/d	REST or 48 min easy with 5x100m strides	Easy run (MP + 45-60 sec/ mile)	REST or 40-56 min easy with 4x100m strides	
22-Feb				6	10.5	6	9.5	7	20	5	
9	51	64	74	48-64 min easy with 5x100m strides	2M w/u; 3 x 2M @ LT (3:00 rest); 2M c/d	REST or 48-64 min easy with 4x100m strides	2M w/u; 5-6x1M @ LT pace (1:30 rest); 2M c/d	REST or 56 min easy with 5x100m strides	20-22 miles easy run (MP + 45-60 sec/ mile)	REST or 40-56 min easy with 4x100m strides	Al Gordon 4M on Saturday
29-Feb				7	12	6	7.5	7	15	7	
10	48.5	61.5	67.5	56-72 min easy with 4x100m strides	2M w/u; 55 min @ MP; 2M c/d	REST or 48-64 min easy with 4x100m strides	60 minutes with middle 4 miles @ MP	REST or 56 min easy with 5x100m strides	15-17 miles if racing; 18-20 if not	Washington Heights 5K (2M w/u and 2M c/d)	
7-Mar				6	11.5	8	11	7	20	5	
11	53.5	68.5	78.5	48-64 min easy with 5x100m strides	2M w/u; 12-14 Canova Ks; 2M c/d OR 10-12 miles if raced	64-90 min easy with 4x100m strides	2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d	REST or 56 min easy with 5x100m strides	Progression run	REST or 40-56 min easy with 4x100m strides	Thursday: Williamsburg Bridge or Prospect Park hill workout
14-Mar				7	14	6	7.5	7	4	17	

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				Recovery Run	Long interval workout	REST, easy run, or cross train	Short interval workout	REST, easy run, or cross train	Long run	Recovery Run	
12	49.5	62.5	68.5	56-72 min easy with 4x100m strides	2M w/u; 70 min @ MP on hilly course; 2M c/d	REST or 48-64 min easy with 4x100m strides	2M w/u; 3-5xMile @ LT pace (1:30 rest); 2M c/d	REST or 56 min easy with 5x100m strides	REST or 32 min easy with 4x100m strides	NYC Half (2M w/u and 2M c/d)	Key event during training cycle
21-Mar				7	13	8	11.5	5	22	5	
13	66.5	71.5	83.5	56-72 min easy with 4x100m strides	2M w/u; 4x15 min @ MP on hilly course (2:00 rest) ; 2M c/d	64-90 min easy with 4x100m strides	2M w/u; 12-14 Canova Ks; 2M c/d	REST or 40-56 min easy with 4x100m strides	22-23 miles	REST or 40-56 min easy with 4x100m strides	Highest mileage week
28-Mar				7	15	6	10.5	5	20	5	
14	57.5	68.5	76.5	56-72 min easy with 4x100m strides	2M w/u; 80 miles @ MP; 2M c/d	REST or 48-64 min easy with 4x100m strides	2M w/u; 3M @ MP (3:00 rest), 2M @ HMP (2:00 rest), 1M @ 10K pace; 2M c/d	REST or 40-56 min easy with 4x100m strides	Progression run	REST or 40-56 min easy with 4x100m strides	Scotland 10K on Saturday
4-Apr				7	9	5	7.5	4	10	4	
15	42.5	46.5	51.5	56-72 min easy with 4x100m strides	70-75 min w/ 4-5 miles @ MP	REST or 40-56 min easy with 4x100m strides	60 minutes easy	REST or 32 min easy with 4x100m strides	10 miles easy with last 2 miles @ MP	32 min easy with 5x100m strides	
11-Apr				5	7.5	4	5	4		2	
16	23.5	27.5	32.5	40-56 min easy with 4x100m strides	60 minutes with final 2 miles @ MP	REST or 32 min easy with 4x100m strides	40-56 min easy with 4x100m strides	30-40 minutes easy	REST	REST or 10-15 min shakeout	
18-Apr											
17	0	0	0	Boston Marathon							
25-Apr											
18	0	0	0							NJ Marathon	