

DWRT Boston Marathon Training Plan

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Miles
Week 1	12/11 through 12/17	10 Miles MP+30 to 60 seconds	Rest	1M warmup, 5M at MP, 1 M cooldown	5-6 Mile Easy Run	1.5 mile warmup; 6-8 Yasso 800s; 1.5 mile cooldown	4-5 Mile Easy Run	5-6 Mile Easy Run	42
Week 2	12/18 through 12/24	12 Miles MP+30 to 60 seconds	Rest	Hill repeats: 1.5M warmup, Strides 6-8x400m uphill, jog downhill, 1.5M cooldown	5-6 Mile Easy Run	0.5-1M warmup, drills 3-4 x 1200m @ 10K pace (jog 400 recovery) 0.5M cooldown, core strength	4-5 Mile Easy Run	5-6 Mile Easy Run	40
Week 3	12/25 through 12/31	14 Miles Progression Run (9 Miles at MP+15; 5 Miles at MP)	Rest	Steady State Run 6-7M HMP+10 to 20 Strides, form drills	5-6 Mile Easy Run	1M warmup, form drills, Supersets: 3-4 1200 (10k)-400(5k), recover 800, 0.5M cooldown, core strength	4-5 Mile Easy Run	5-6 Mile Easy Run	47
Week 4	1/1 through 1/7	12 Miles MP+30 to 60 seconds	Rest	Hill repeats: 1.5M warmup, Strides 6x800m uphill jog downhill 1.5M cooldown	5-6 Mile Easy Run	0.5-1M warmup, drills 12-16 x 400m @ 10K pace (jog 200 recovery) 0.5M cooldown, core strength	4-5 Mile Easy Run	5-6 Mile Easy Run	41
Week 5	1/8 through 1/14	14 Miles MP+30 to 60 seconds	Rest	Steady State Run 9-10M HMP+10 to 20 Strides, form drills	5-6 Mile Easy Run	0.5-1M warmup, drills; 4-6 mile repeats; start at 10k pace +15 and get faster 5 seconds each rep 0.5M cooldown, core strength	4-5 Mile Easy Run	5-6 Mile Easy Run	44
Week 6	1/15 through 1/21	16 Miles Progression Run (10 Miles at MP+15; 6 Miles at MP)	Rest	Hill repeats: 1.5M warmup, Strides 4-6x400m uphill followed by the same 400 downhill (10k pace up and down; 4min recovery after the downhill) 1.5M cooldown	5-6 Mile Easy Run	8-10 Yasso 800s	4-5 Mile Easy Run	5-6 Mile Easy Run	46
Week 7	1/22 through 1/28	12 Miles MP+30 to 60 seconds	Rest	Tempo Run 4-5M HMP-10 to 15; Strides, form drills	5-6 Mile Easy Run	0.5-1M warmup, drills 5 x 1600m @ 10K pace (2-3min recovery) 0.5M cool, core strength	4-5 Mile Easy Run	5-6 Mile Easy Run	41

DWRT Boston Marathon Training Plan

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Miles
Week 8	1/29 through 2/4	17 Miles MP+30 to 60 seconds	Rest	Hill repeats: 1.5M warmup, Strides 10-12x200m uphill followed by the same 200 downhill (10k pace up and down; 3min recovery after the downhill) 1.5M cooldown	5-6 Mile Easy Run	0.5-1M warmup, drills 4-5 x 1200m @ 10K pace (jog 400 recovery) 0.5M cooldown, core strength	4-5 Mile Easy Run	5-6 Mile Easy Run	46
Week 9	2/5 through 2/11	19 Miles Progression Run (13 Miles at MP+15; 6 Miles at MP)	Rest	Steady State Run 9- 10M HMP+10 to 20 Strides, form drills	5-6 Mile Easy Run	8-10 Yasso 800s	4-5 Mile Easy Run	5-6 Mile Easy Run	53
Week 10	2/12 through 2/18	12 Miles MP+30 to 60 seconds	Rest	Hill repeats: 1.5M warmup, Strides 4-6x400m uphill followed by the same 400 downhill (10k pace up and down; 4min recovery after the downhill) 1.5M cooldown	5-6 Mile Easy Run	0.5-1M warmup, drills Pyramid workout (400, 800, 1200, 1600, 1200, 800, 400) @ 10K pace (recover 0:45/400m) 0.5M cooldown, core strength	4-5 Mile Easy Run	5-6 Mile Easy Run	41
Week 11	2/19 through 2/25	20 Miles MP+30 to 60 seconds	Rest	Tempo Run 5-6M HMP-10 to 15; Strides, form drills	5-6 Mile Easy Run	0.5-1M warmup, drills 12-14 200s @ speed pace (4-5min recovery) 0.5M cooldown, core strength	4-5 Mile Easy Run	5-6 Mile Easy Run	49
Week 12	2/26 through 3/3	14 Miles MP+30 to 60 seconds	Rest	Hill repeats: 1.5M warmup, Strides 3-5 800m uphill followed by the same 800 downhill (10k pace up and down; 4min recovery after the downhill) 1.5M cooldown	5-6 Mile Easy Run	0.5-1M warmup, drills 4-5 x 1600m @ 10K pace (800 recovery) 0.5M cooldown, core strength	4-5 Mile Easy Run	5-6 Mile Easy Run	43
Week 13	3/4 through 3/10	20 Miles Progression Run (14 Miles at MP+15; 6 Miles at MP)	Rest	Steady State Run 9- 10M HMP+10 to 20 Strides, form drills	5-6 Mile Easy Run	0.5-1M warmup, drills Pyramid workout (400, 800, 1200, 1600, 1200, 800, 400) @ 10K pace (recover 0:45/400m) 0.5M cooldown, core strength	4-5 Mile Easy Run	5-6 Mile Easy Run	53

DWRT Boston Marathon Training Plan

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Miles
Week 14	3/11 through 3/17	Metric Marathon: 26.2 KM at MP	Rest	Tempo Run 5-6M HMP-10 to 15; Strides, form drills	5-6 Mile Easy Run	0.5-1M warmup, drills 12-16 x 400m @ 10K pace (jog 200 recovery) 0.5M cooldown, core strength	4-5 Mile Easy Run	5-6 Mile Easy Run	45
Week 15	3/18 through 3/24	18 Miles MP+30 to 60 seconds	Rest	Hill repeats: 1.5M warmup, Strides 6-8x400m uphill followed by the same 400 downhill (10k pace up and down; 4min recovery after the downhill) 1.5M cooldown	5-6 Mile Easy Run	8-10 Yasso 800s	4-5 Mile Easy Run	5-6 Mile Easy Run	48
Week 16	3/25 through 31	20-22 Miles MP+30 to 60 seconds	Rest	Steady State Run 9-10M HMP+10 to 20 Strides, form drills	5-6 Mile Easy Run	0.5-1M warmup, drills Pyramid workout (400, 800, 1200, 1600, 1200, 800, 400) @ 10K pace (recover 0: 45/400m) 0.5M cooldown, core strength	4-5 Mile Easy Run	5-6 Mile Easy Run	54
Week 17	4/1 through 4/7	15 Miles MP+30 to 60 seconds	Rest	Easy 6-10M (described below) Strides, form drills	Rest	0.5-1M warmup, drills 4-6 x 400m @ 10k pace (3-4min recovery) 0.5M cooldown, core strength	Rest	3 Mile Easy Run	32
Week 18	4/8 through 4/14	8 Miles	Rest	Easy 4M (described below) Strides, form drills	Rest	1 mile warmup, 2 Miles at MP, 1 mile cooldown	Rest	Rest	16
Week 19	4/15 through 4/21	2 Miles at MP	Boston Marathon	Rest	Rest	Rest	Rest	Rest	Rest
<p>Note: Long Runs should generally be done at slower than goal marathon pace. Please read this article for proper long run pacing advice: http://www.mcmillanrunning.com/marathonlongrun.htm</p>									

