

Dashing Whippets NYC Marathon Training Plan (2016)

Week	Weekly Miles...			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes/ Totals
	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	Recovery Run	
4-Jul				5	9	4	7.5	5	14	5	49.5
1	41	50	57	40-56 min easy with 5x100m strides	2M w/u; 4x50m, 2x75m uphill sprints; 4-5 Miles @ MP with two long uphill surges @ LT pace; 2M c/d	REST or 32 min easy with 4x100m strides	2M w/u; 3-5Mile @ LT pace (1:30 rest); 2M c/d	REST or 40 min easy with 4x100m strides	1:50 to 1:55 @ MP plus 45-60	REST or 40-56 min easy with 4x100m strides	Tuesday and Thursday's workout is the same as Summer plan
11-Jul				5	8.5	4	8.5	5	15	5	51
2	42	51	57	40-56 min easy with 5x100m strides	2M w/u; 2x50m, 1x75m, 1x100m uphill sprints; 2-3x2M @ HMP (3:00 rest); 2M c/d	REST or 32 min easy with 4x100m strides	2M w/u; 2400 @ 15K pace, 1M @ 15-10K pace, 2x800 @ 10K pace (400 rest); 2M c/d	REST or 40 min easy with 4x100m strides	2:00 @ MP plus 45-60	REST or 40-56 min easy with 4x100m strides	Tuesday and Thursday's workout is the same as Summer plan
18-Jul				5	9	4	9	5	16	5	53
3	44	53	57	40-56 min easy with 5x100m strides	2M w/u; 3x75m, 1x100m uphill sprints; 2 Miles @ HMP (2:00 rest), 4x400 uphill @ 5K pace (jog down); 2M c/d	REST or 32 min easy with 4x100m strides	2M w/u; 12-16x400 @ LT pace (1:00 rest); 2M c/d	REST or 40 min easy with 4x100m strides	2:05-2:10 @ MP plus 45-60; NYRR Long Training Run #1	REST or 40-56 min easy with 4x100m strides	Thursday's workout is the same as Summer plan except pace is LT on marathon plan; 10K on Summer plan
25-Jul				5	11	5	8	6	9	5	49
4	38	49	53	40-56 min easy with 5x100m strides	2M w/u; 2x75m, 2x100m uphill sprints; 4 mile tempo (first and last mile @ 15K pace; middle 2 miles @ MP); 2M c/d	REST or 40-56 min easy with 4x100m strides	64 min at easy pace with strides and drills to follow	REST or 48 min easy with 5x100m strides	Team Champs (Club Points)	REST or 40-56 min easy with 4x100m strides	Thursday's workout is the same as Summer plan
1-Aug				5	9	5	9	6	15	5	54
5	43	54	60	40-56 min easy with 5x100m strides	2M w/u; 2x75m, 2x100m uphill sprints; 4 x 12 min at faster than marathon pace on a hilly course (3:00 recovery); 2M c/d	REST or 40-56 min easy with 4x100m strides	2M w/u; 8x800 @ 10K pace (1:30 rest); 2M c/d	REST or 48 min easy with 5x100m strides	2:15 @ MP plus 45-60	40-56 min easy with 4x100m strides	
8-Aug				6	10	5	8.5	6	16	5	56.5
6	46	57	63	48-64 min easy with 5x100m strides	2M w/u; 6 Miles @ MP; 2M c/d	REST or 40-56 min easy with 4x100m strides	2M w/u; 6-8x1K @ 10K pace (2:00 rest); 2M c/d	REST or 48 min easy with 5x100m strides	16 miles @ 5% slower than MP	REST or 40-56 min easy with 4x100m strides	
15-Aug				6	9	5	6	6	18	5	55
7	44	55	63	48-64 min easy with 5x100m strides	2M w/u; 5 Miles @ HMP; 2M c/d	REST or 40-56 min easy with 4x100m strides	6-8 miles with middle 4 miles @ MP	REST or 48 min easy with 5x100m strides	2:25 min @ MP plus 45-60	REST or 40-56 min easy with 4x100m strides	Note: DWRT 5K is Saturday 8/13; NYRR Long Training Run #2 is Sunday 8/14
22-Aug				6	12	6	9	6	20	5	64
8	52	64	72	48-64 min easy with 5x100m strides	2M w/u; 56 minutes on hilly course @ MP; 2M c/d	REST or 48-64 min easy with 4x100m strides	2M w/u; 8-10 Canova Ks; 2M c/d	REST or 48 min easy with 5x100m strides	2:40 @ MP plus 45-60	REST or 40-56 min easy with 4x100m strides	
29-Aug				6	10	6	6	7	18	5	58
9	45	58	66	48-64 min easy with 5x100m strides	2M w/u; 6 Miles @ HMP; 2M c/d	REST or 48-64 min easy with 4x100m strides	48-64 min with middle 24 minutes @ MP	REST or 56 min easy with 5x100m strides	18 miles @ 5% slower than MP	REST or 40-56 min easy with 4x100m strides	Note: 5th Avenue Mile is Saturday 9/3
5-Sep				7	11	6	10	7	20	5	66

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	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	Recovery Run		
10	53	66	75	56-72 min easy with 4x100m strides	2M w/u; 7 Miles @ MP; 2M c/d	REST or 48-64 min easy with 4x100m strides	2M w/u; 10-14 Canova Ks; 2M c/d	REST or 56 min easy with 5x100m strides	Progression run	REST or 40-56 min easy with 4x100m strides		
12-Sep				6		11	8	9.5	7	18	6	65.5
11	51	66	73	48-64 min easy with 5x100m strides	2M w/u; 3x2M @ HMP on hilly course (3:00 rest); 2M c/d	64-90 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	2:25 min @ MP plus 45-60	NYRR Marathon Tune-up or 40-48 min easy (if ran Metric)	Whippet Run on Saturday or Marathon Tune-Up on Sunday	
19-Sep				7		13	6	11	7	6	15	65
12	52	65	70	56-72 min easy with 4x100m strides	2M w/u; 64-72 minutes @ MP; 2M c/d	REST or 48-64 min easy with 4x100m strides	2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d (Williamsburg Bridge)	REST or 56 min easy with 5x100m strides	REST or 48 min easy with 5x100m strides	Bronx 10-miler (Club Points); 2-3M w/u; race @ MP; 2-3M c/d	Use Bronx to substitute a long MP pace workout that would normally be done on Thursday OR make the event part of their long run	
26-Sep				7		10	8	9	7	18	5	64
13	57	64	72	56-72 min easy with 4x100m strides	80-90 min easy with 4x100m strides	64-90 min easy with 4x100m strides	2M w/u, 5x1200m @ LT pace (200m rest), 2M c/d	REST or 56 min easy with 5x100m strides	1-2M w/u; DWRT Metric Marathon (or 48 min easy if racing Sunday)	40-48 min easy if you did Metric Marathon	Note: Grete's Gallop (half) is Sunday 10/2	
3-Oct				5		14	6	7.5	6	4	17	59.5
14	48	60	68	40-56 min easy with 5x100m strides	2M w/u; 72 minutes on hilly course @ MP; 2M c/d	REST or 48-64 min easy with 4x100m strides	2M w/u; 3-5Mile @ LT pace (1:30 rest); 2M c/d	REST or 48 min easy with 5x100m strides	REST or 32 min easy with 4x100m strides	Staten Island Half (Club Points); 2M w/u, race @ full effort, 2M c/d	Key event during training cycle	
10-Oct				7		10	8	11.5	7	22	5	70.5
15	64	71	77	REST or 56-72 min easy with 4x100m strides	80-90 min easy with 4x100m strides	64-90 min easy with 4x100m strides	2M w/u; 12-14 Canova Ks; 2M c/d	56 min easy with 5x100m strides	22 miles @ MP plus 45-60	REST or 40-56 min easy with 4x100m strides	Highest Mileage Week (based on Min calculation)	
17-Oct				7		14	5	10.5	6	20	5	67.5
16	62	68	77	56-72 min easy with 4x100m strides	2M w/u; 2 x 35 minutes @ MP (3:00 rest); 2M c/d	40-56 min easy with 5x100m strides	2M w/u; 3M @ MP (3:00 rest), 2M @ HMP (2:00 rest), 1M @ 10K pace; 2M c/d	REST or 48 min easy with 5x100m strides	Progression run	REST or 40-56 min easy with 4x100m strides	FrontRunner's Blue Line run?	
24-Oct				4		10	4	3.5		12	4	37.5
17	34	38	39	32 min easy with 5x100m strides	80 min with middle 4 miles @ MP	32 min easy with 5x100m strides	30-40 min easy with 5x100m strides	REST	12 miles easy with last 2 miles @ MP	32 min easy with 5x100m strides		
31-Oct				4		6		3.5		2	26.2	41.7
18	42	42	42	32 min easy with 5x100m strides	48 min easy with 5x100m strides	REST	30 min easy with 5x100m strides	REST	REST or 10-15 min shakeout	NYC Marathon		