



Medium Milage Marathon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aug 1-7	Rest	Easy Run 50 - 65	Power Run (10) - 30 - (10)	Easy Run 50 - 65	Hilly Run 55 - 65	Easy Run 50 - 65	Long Run 75
Aug 8-14	Rest	Easy Run 60 - 75	Power Repeats (10) - 3x10r4 - (10)	Easy Run 60 - 75	Fartlek (10) - 30 - (10)	Easy Run 60 - 75	Long Run 75
Aug 15-21	Rest	Easy Run 45 - 60	GMP Run (10) - 35 - (10)	Easy Run 45 - 60	Easy Run + Strides 50 - 60	Easy Run 45 - 60	Long Run 90
Aug 22-28	Rest	Easy Run 65 - 85	Tempo Run (10) - 25 - (10)	Easy Run 65 - 85	Speed Repeats (10) - 6x3r3 - (10)	Easy Run 65 - 85	Long Run 90
Aug 29 - Sep 4	Rest	Easy Run 70 - 90	Power Repeats (10) - 10x3r1 - (10)	Easy Run 70 - 90	Speed Repeats (10) - 3x5r5 - (10)	Easy Run 70 - 90	Long Run 90
Sep 5-11	Rest	Easy Run 55 - 75	GMP Run (10) - 40 - (10)	Easy Run 55 - 75	Speed Repeats (10) - 6x3r3 - (10)	Easy Run 55 - 75	Long Run 105
Sep 12-18	Rest	Easy Run 65 - 90	Power Repeats (10) - 4x10r4 - (10)	Easy Run 65 - 90	Tempo Run (10) - 20 - (10)	Easy Run 65 - 90	Long Run 120
Sep 19-25	Rest	Easy Run 80 - 90	GMP Run (10) - 45 - (10)	Easy Run 80 - 90	Speed Repeats (10) - 4x4r4 - (10)	Easy Run 80 - 90	Long Run 105 (10-15 GMP)
Sep 26 - Oct 2	Rest	Easy Run 55 - 80	Tempo Run (10) - 30 - (10)	Easy Run 55 - 80	Power Repeats (10) - 6x5r5 - (10)	Easy Run 55 - 80	Long Run 120 - 150 (10-15 GMP)
Oct 3-9	Rest	Easy Run 85 - 90	Power Repeats (10) - 3x15r5 - (10)	Easy Run 85 - 90	Speed Repeats (10) - 6x3r3 - (10)	Easy Run 85 - 90	Long Run 105 (15-20 GMP)
Oct 10-16	Rest	Easy Run 75 - 90	GMP Run (10) - 50 - (10)	Easy Run 75 - 90	Tempo Run (10) - 25 - (10)	Easy Run 75 - 90	Long Run 120 - 150 (20-25 GMP)
Oct 17-23	Rest	Easy Run 80 - 90	Power Repeats (10) - 2x20r7 - (10)	Easy Run 80 - 90	Speed Repeats (10) - 6x3r3 - (10)	Easy Run 80 - 90	Long Run 105 (20-25 GMP)
Oct 24-30	Rest	Easy Run 60 - 90	GMP Run (10) - 60 - (10)	Easy Run 60 - 90	Speed Repeats (10) - 4x5r5 - (10)	Easy Run 60 - 90	Long Run 150 - 180 (20-25 GMP)
Oct 31 - Nov 6	Rest	Easy Run 80 - 90	Power Repeats (10) - 5x10r4 - (10)	Easy Run 80 - 90	Fartlek (10) - 20 - (10)	Easy Run 80 - 90	Long Run 90 (10-15 GMP)
Nov 7-13	Rest	Easy Run 65 - 85	GMP Run (10) - 35 - (10)	Easy Run 65 - 85	Speed Repeats (10) - 6x3r3 - (10)	Easy Run 65 - 85	Long Run 60
Nov 14-20	Rest	Easy Run 45	GMP Repeats (10) - 3x5r2 - (10)	Easy Run 35	Easy Run + Strides 30	Easy Run 20	Race Day 26.2 Miles!

Additional Resources @ jaredward.us/philadelphia-marathon