



Higher Mileage Marathon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aug 5-11	Easy Run 60 - 75	Power Run (10) - 30 - (10)	Easy Run 60 - 75	Hilly Run 60 - 75	Easy Run 60 - 75	Long Run 75	Rest
Aug 12-18	Easy Run 75	Power Repeats (10) - 3x10r4 - (10)	Easy Run 75	Fartlek (10) - 30 - (10)	Easy Run 75	Long Run 75	Rest
Aug 19-25	Easy Run 60 - 75	RP Run (10) - 35 - (10)	Easy Run 60 - 75	Easy Run + Strides 60 - 75	Easy Run 60 - 75	Long Run 90	Rest
Aug 26-Sept 1	Easy Run 90	Tempo Run (10) - 25 - (10)	Easy Run 90	Speed Repeats (10) - 6x3r3 - (10)	Easy Run 90	Long Run 90	Rest
Sep 2-8	Easy Run 90	Power Repeats (10) - 10x3r1 - (10)	Easy Run 90	Speed Repeats (10) - 3x5r5 - (10)	Easy Run 90	Long Run 90	Rest
Sep 9-15	Easy Run 75 - 90	RP Run (10) - 40 - (10)	Easy Run 75 - 90	Speed Repeats (10) - 6x3r3 - (10)	Easy Run 75 - 90	Long Run 105	Rest
Sep 16-22	Easy Run 90 - 120	Power Repeats (10) - 4x10r4 - (10)	Easy Run 90 - 120	Tempo Run (10) - 20 - (10)	Easy Run 90 - 120	Long Run 120	Rest
Sep 23-29	Easy Run 90 - 135	RP Run (10) - 45 - (10)	Easy Run 90 - 135	Speed Repeats (10) - 4x4r4 - (10)	Easy Run 90 - 135	Long Run 105 (10-15 RP)	Rest
Sep 30 - Oct 6	Easy Run 80 - 115	Tempo Run (10) - 30 - (10)	Easy Run 80 - 115	Power Repeats (10) - 6x5r5 - (10)	Easy Run 80 - 115	Long Run 120 - 150 (10-15 RP)	Rest
Oct 7-13	Easy Run 90 - 135	Power Repeats (10) - 3x15r5 - (10)	Easy Run 90 - 135	Speed Repeats (10) - 6x3r3 - (10)	Easy Run 90 - 135	Long Run 105 (15-20 RP)	Rest
Oct 14-20	Easy Run 90 - 135	RP Run (10) - 50 - (10)	Easy Run 90 - 135	Tempo Run (10) - 25 - (10)	Easy Run 90 - 135	Long Run 120 - 150 (20-25 RP)	Rest
Oct 21-17	Easy Run 90 - 130	Power Repeats (10) - 2x20r7 - (10)	Easy Run 90 - 130	Speed Repeats (10) - 6x3r3 - (10)	Easy Run 90 - 130	Long Run 105 (20-25 RP)	Rest
Oct 28-Nov 3	Easy Run 90 - 135	RP Run (10) - 60 - (10)	Easy Run 90 - 135	Speed Repeats (10) - 4x5r5 - (10)	Easy Run 90 - 135	Long Run 150 - 180 (20-25 RP)	Rest
Nov 4-10	Easy Run 90 - 135	Power Repeats (10) - 5x10r4 - (10)	Easy Run 90 - 135	Fartlek (10) - 20 - (10)	Easy Run 90 - 135	Long Run 90 (10-15 RP)	Rest
Nov 11-17	Easy Run 90 - 105	RP Run (10) - 35 - (10)	Easy Run 90 - 105	Speed Repeats (10) - 6x3r3 - (10)	Easy Run 90 - 105	Long Run 60	Rest
Nov 18-24	Easy Run 45	RP Run (10) - 3x5r2 - (10)	Easy Run 35	Easy Run + Strides 30	Easy Run 20	Race Day 26.2 Miles!	Rest

Note weekly schedule can be shifted as needed, I recommend rest day follows your long run.

Additional Resources @ jaredward.us/philadelphia-marathon