

Mesocycle 1 Endurance			
	Weeks to goal		
	17	16	15
Monday	Rest or cross-training	Rest or cross-training	Rest or cross-training
Tuesday	General aerobic + speed 7 mi w/ 10 × 100 m strides	General aerobic + speed 8 mi w/ 10 × 100 m strides	Lactate threshold 8 mi w/ 4 mi @ 15K to half marathon race pace
Wednesday	Rest or cross-training	Rest or cross-training	Recovery 4 mi
Thursday	General aerobic 9 mi	General aerobic 10 mi	General aerobic 10 mi
Friday	Rest or cross-training	Rest or cross-training	Rest or cross-training
Saturday	Recovery 4 mi	Recovery 5 mi	Recovery 4 mi
Sunday	Medium-long run 12 mi	Medium-long run 13 mi	Medium-long run 14 mi
Weekly mileage	32	36	40

	Weeks to goal		
	14	13	Recovery week 12
Monday	Rest or cross-training	Rest or cross-training	Rest or cross-training
Tuesday	General aerobic + speed 8 mi w/ 10 × 100 m strides	Lactate threshold 9 mi w/ 4 mi @ 15K to half marathon race pace	General aerobic + speed 8 mi w/ 8 × 100 m strides
Wednesday	Recovery 5 mi	Recovery 5 mi	Recovery 5 mi
Thursday	General aerobic 10 mi	General aerobic 10 mi	General aerobic 8 mi
Friday	Rest or cross-training	Rest or cross-training	Rest or cross-training
Saturday	Recovery 4 mi	Recovery 5 mi	Recovery 4 mi
Sunday	Medium-long run 15 mi	Medium-long run 17 mi	Medium-long run 12 mi
Weekly mileage	42	46	37

Mesocycle 2 Lactate Threshold + Endurance

	Weeks to goal				
	11	10	9	Recovery week 8	7
Monday	Rest or cross-training	Rest or cross-training	Rest or cross-training	Rest or cross-training	Rest or cross-training
Tuesday	Lactate threshold 10 mi w/ 5 mi @ 15K to half marathon race pace	Recovery + speed 6 mi w/ 6 × 100 m strides	Recovery 6 mi	General aerobic 8 mi	Recovery + speed 6 mi w/ 6 × 100 m strides
Wednesday	Recovery 4 mi	Medium-long run 12 mi	Medium-long run 14 mi	VO ₂ max 8 mi w/ 5 × 600 m @ 5K race pace; jog 90 sec between	Lactate threshold 12 mi w/ 7 mi @ 15K to half marathon race pace
Thursday	Medium-long run 11 mi	Rest or cross-training	Recovery 6 mi	Recovery 5 mi	Rest or cross-training
Friday	Rest or cross-training	Lactate threshold 11 mi w/ 6 mi @ 15K to half marathon race pace	Rest or cross-training	Rest or cross-training	Medium-long run 12 mi
Saturday	General aerobic + speed 7 mi w/ 8 × 100 m strides	Recovery 5 mi	Recovery + speed 6 mi w/ 6 × 100 m strides	General aerobic + speed 8 mi w/ 8 × 100 m strides	Recovery 5 mi
Sunday	Long run 18 mi	Long run 20 mi	Marathon specific 15 mi w/ 12 mi @ marathon race pace	Medium-long run 14 mi	Long run 20 mi
Weekly mileage	50	54	47	43	55

55 Miles per Week or Less
18-Week Schedule

Mesocycle 3 Race Preparation

	Weeks to goal			
	6	5	4	3
Monday	Rest or cross-training	Rest or cross-training	Rest or cross-training	Rest or cross-training
Tuesday	$\dot{V}O_2$ max 8 mi w/ 5 × 600 m @ 5K race pace; jog 90 sec between	General aerobic 8 mi	$\dot{V}O_2$ max 8 mi w/ 5 × 600 m @ 5K race pace; jog 90 sec between	Recovery + speed 5 mi w/ 6 × 100 m strides
Wednesday	Medium-long run 11 mi	$\dot{V}O_2$ max 9 mi w/ 5 × 1,000 m @ 5K race pace; jog 2 min between	Medium-long run 11 mi	$\dot{V}O_2$ max 10 mi w/ 4 × 1,200 m @ 5K race pace; jog 2 min between
Thursday	Rest or cross-training	Rest or cross-training	Rest or cross-training	Rest or cross-training
Friday	Recovery + speed 4 mi w/ 6 × 100 m strides	Medium-long run 12 mi	Recovery + speed 4 mi w/ 6 × 100 m strides	General aerobic 10 mi
Saturday	8-15K tune-up race	Recovery 5 mi	8-15K tune-up race	Recovery 4 mi
Sunday	Long run 17 mi	Marathon specific 17 mi w/ 14 mi @ marathon race pace	Long run 17 mi	Long run 20 mi
Weekly mileage	50	51	50	49

Mesocycle 4 Taper and Race

	Weeks to goal		
	2	1	Race week
Monday	Rest or cross-training	Rest or cross-training	Rest
Tuesday	$\dot{V}O_{2max}$ 8 mi w/ 5 × 600 m @ 5K race pace; jog 90 sec between	General aerobic + speed 7 mi w/ 8 × 100 m strides	Recovery 6 mi
Wednesday	Recovery 5 mi	$\dot{V}O_{2max}$ 8 mi w/ 3 × 1,600 m @ 5K race pace; jog 2 min between	Dress rehearsal 7 mi w/ 2 mi @ marathon race pace
Thursday	Rest or cross-training	Rest or cross-training	Rest
Friday	Recovery + speed 4 mi w/ 6 × 100 m strides	Recovery + speed 5 mi w/ 6 × 100 m strides	Recovery + speed 5 mi w/ 6 × 100 m strides
Saturday	8-10K tune-up race	Rest or cross-training	Recovery 4 mi
Sunday	Medium-long run 16 mi	Medium-long run 12 mi	Goal marathon
Weekly mileage	43	32	22 (6 days prerace)