

**Dashing Whippets 2019  
Training Plan for the Boston  
Marathon**

**Overview:** This 16-week plan helps runners prepare for the Boston Marathon. Where possible, many of the Tuesday tempo runs should include extended sections of both uphill and downhill to simulate terrain as much as possible

Week	Wkly Min	Wkly Mid	Wkly Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Boston Notes
				Recovery Run	Long interval workout	Crosstrain, Yoga, rest or easy run	Short interval workout	Crosstrain, rest or easy run	Long run	Recovery Run	
24-Dec				5	8.5	5	8	4	13	5	
<b>1</b>	40	45	49	45-50 min easy w/ strides & drills	2M w/u; 2M @ HMP (3:00 rest); 4x400 uphill (down rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 2 x 2M @ LT (3:00 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	1:45 @ MP + 45-60 sec / mile	40-55 min easy w/ strides & drills	
31-Dec				5	8	5	7.5	4	14	5	
<b>2</b>	40	45	49	45-50 min easy w/ strides & drills	2M w/u; 4M @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 5-6 x K @ 10K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	1:50 to 2:00 @ MP + 45-60 sec / mile	40-55 min easy w/ strides & drills	
7-Jan				5	7	5	8	4	15	5	
<b>3</b>	40	45	49	45-50 min easy w/ strides & drills	2M w/u; 8-10 x 400m uphill @ 10K pace (downhill rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 3-4 x Mile @ LT pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	2:00 to 2:15 @ MP + 45-60 sec / mile	40-55 min easy w/ strides & drills	
14-Jan				5	8.5	5	8.5	5	16	5	
<b>4</b>	43	48	53	45-50 min easy w/ strides & drills	2M w/u; 2-3 x 2M @ HMP (3:00 rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 6-8 x 800m @ 5K pace (2:30 rest); 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	2:15 @ MP + 45-60 sec / mile	40-55 min easy w/ strides & drills	
21-Jan				5	9	5	8	5	16	5	
<b>5</b>	43	48	53	45-50 min easy w/ strides & drills	2M w/u; 4M @ HMP; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 4-6 x 1200m @ 10K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	2:15 @ MP + 45-60 sec / mile	40-55 min easy w/ strides & drills	
28-Jan				6	11	5	9	5	18	5	
<b>6</b>	49	54	59	50-60 min easy w/ strides & drills	2M w/u; 3x15 min @ MP on hilly course (2:00 rest) ; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 8-10 Canova Ks; 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	2:20 to 2:30 @ MP + 45-60 sec / mile	40-55 min easy w/ strides & drills	
4-Feb				6	8	5	11	5	19	5	
<b>7</b>	49	54	59	50-60 min easy w/ strides & drills	2M w/u; 4-6M continuous run alt pace; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	19 miles @ 5% slower than MP	40-55 min easy w/ strides & drills	
11-Feb				6	9	5	10	5	20	5	
<b>8</b>	50	55	60	50-60 min easy w/ strides & drills	2M w/u; 4-5M @ HMP; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 10-12 Canova Ks; 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	20 mile easy run (MP + 45-60 sec/ mile)	40-55 min easy w/ strides & drills	
18-Feb				6	10.5	5	10.5	6	22	5	
<b>9</b>	54	59	65	50-60 min easy w/ strides & drills	2M w/u; 3 x 2M @ LT (3:00 rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 2x1200 @ 10K; 3x800 @ 5K; 4x400 @ >5K (2:30/ 2:00/ 1:30 rest); 2M c/d	Crosstrain/ 0 to 50 min easy w/ strides & drills	22 miles @ 5% slower than MP if not racing; 13-15 miles if racing	40-55 min easy w/ strides & drills	Hyannis Half Marathon on Sunday
25-Feb				6	12.5	6	9.5	6	19	5	
<b>10</b>	52	58	64	50-60 min easy w/ strides & drills	2M w/u; 60 min @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 50 min easy w/ strides & drills	2M w/u; 4-5x1M @ LT pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 50 min easy w/ strides & drills	19 miles @ 5% slower than MP if not racing; 13-15 miles if racing	40-55 min easy w/ strides & drills	Stu's 30K on Sunday
4-Mar				6	10	6	8	6	4	17	

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Week	Wkly Min	Wkly Mid	Wkly Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Boston Notes
11	45	51	57	Recovery Run 50-60 min easy w/ strides & drills	Long interval workout 2M w/u; 10-12 Canova Ks; 2M c/d	Crosstrain, Yoga, rest or easy run Crosstrain/ Yoga/ 0 to 50 min easy w/ strides & drills	Short interval workout 2M w/u; 2M @ HMP 2 x 800 @ 10K pace (2:30/ 1:30 rest); 2M c/d	Crosstrain, rest or easy run Crosstrain/ 0 to 50 min easy w/ strides & drills	Long run REST or 32 min easy w/ strides & drills	Recovery Run Malden Half Marathon (2M w/u and 2M c/d)	
11-Mar				6	11	6	11.5	6	20	5	
12	54	60	66	50-60 min easy w/ strides & drills	90-100 min easy with strides & drills	Crosstrain/ Yoga/ 0 to 50 min easy w/ strides & drills	2M w/u; 12-14 Canova Ks; 2M c/d OR 10-12 miles if raced	Crosstrain/ 0 to 50 min easy w/ strides & drills	20 mile easy run (MP + 45-60 sec/ mile)	40-55 min easy w/ strides & drills	New Bedford Half Marathon on Sunday
18-Mar				5	13	7	10.5	5	23	5	
13	57	64	69	REST or 40-55 min easy w/ strides & drills	2M w/u; 70 min @ MP on hilly course; 2M c/d	Crosstrain/ Yoga/ 0 to 60 min easy w/ strides & drills	2M w/u; 3M @ MP (3:00 rest), 2M @ HMP (2:00 rest), 1M @ 10K pace; 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	23 mile easy run (MP + 45-60 sec/ mile)	40-55 min easy w/ strides & drills	
25-Mar				6	14	5	8.5	5	20	5	
14	54	59	64	50-60 min easy w/ strides & drills	2M w/u; 80 min @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 2 x 2M @ HMP (3:00 rest); 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	20 mile Progression run	40-55 min easy w/ strides & drills	
1-Apr				6	9	5	7.5	4	12	4	
15	39	44	48	50-60 min easy w/ strides & drills	70-75 min w/ 4-5 miles @ MP	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	60 minutes easy	Crosstrain/ 0 to 32 min easy w/ strides & drills	12 miles easy with last 2 miles @ MP	30-35 min easy w/ strides & drills	
8-Apr				5	7.5	4	5	4	2	2	
16	22	26	30	40-55 min easy w/ strides & drills	60 minutes w/ final 2 miles @ MP	Crosstrain/ Yoga/ 0 to 32 min easy w/ strides & drills	40-56 min easy w/ 4x100m strides	Crosstrain/ 0 to 32 min easy w/ strides & drills	REST or 10-15 min shakeout	REST or 10-15 min shakeout	