

Dashing Whippets 2018 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							
Sample	Purpose	Wkly Min	Wkly Mid	Wkly Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
					Recovery Run	Long interval workout	Crosstrain, Yoga, rest or easy run	Short interval workout	Crosstrain, rest or easy run	Long run	Recovery Run	
25-Dec					5			8	4	13	5	
1	Base building & aerobic conditioning	39.5	44.5	48.5	40-55 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 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills	
1-Jan					5			7.5	4	14	5	
2	Aerobic conditioning & neuromuscular fitness	39.5	44.5	48.5	40-55 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 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills	
8-Jan					5			8	4	15	5	
3	Aerobic conditioning & neuromuscular fitness	40	45	49	40-55 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 @ 15K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	2:00 to 2:15 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills	
15-Jan					5			8.5	5	16	5	
4	Aerobic conditioning & neuromuscular fitness	43	48	53	40-55 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	2:10 to 2:15 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills	
22-Jan					5			9	5	17	5	
5	Aerobic conditioning & neuromuscular fitness	44	49	54	40-55 min easy w/ strides & drills	2M w/u; 5M @ 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 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills	
29-Jan					6			11	5	18	5	
6	Aerobic conditioning & neuromuscular fitness	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 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills	
5-Feb					6			8	5	19	5	
7	Aerobic conditioning & neuromuscular fitness	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	
12-Feb					6			9	5	20	5	
8	Aerobic conditioning & neuromuscular fitness	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	
19-Feb					6			10.5	6	22	5	
9	Aerobic conditioning & neuromuscular fitness	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 and Amherst 10-miler on Sunday
26-Feb					7			12.5	6	19	5	
10	Specific endurance	53	59	65	55-70 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 mile easy run (MP + 45-60 sec/ mile)	40-55 min easy w/ strides & drills	Stu's 30K on Sunday
5-Mar					6			11.5	6	20	5	
11	Specific endurance	53.5	59.5	65.5	50-60 min easy w/ strides & drills	2M w/u; 12-14 Canova Ks; 2M c/d OR 10-12 miles if raced	Crosstrain/ Yoga/ 0 to 50 min easy w/ strides & drills	2M w/u, 4x2K @ LT pace (2:00 rest); 2M c/d	Crosstrain/ 0 to 50 min easy w/ strides & drills	20 mile Progression run	40-55 min easy w/ strides & drills	
12-Mar					7			13	6	4	17	
12	Specific endurance	49	55	61	55-70 min easy w/ strides & drills	2M w/u; 70 min @ MP on hilly course; 2M c/d	Crosstrain/ Yoga/ 0 to 50 min easy w/ strides & drills	2M w/u; 2M @ HMP 2 x 800 @ 10K pace (2:30/ 1:30 rest); 2M c/d	Crosstrain/ 0 to 50 min easy w/ strides & drills	REST or 32 min easy w/ strides & drills	New Bedford Half (2M w/u and 2M c/d)	Key event during training cycle
19-Mar					5			11	7	23	5	
13	Specific endurance	54.5	61.5	66.5	40-55 min easy w/ strides & drills	90-100 min easy with strides & drills	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	
26-Mar					6			14	5	20	5	
14	Specific endurance	53.5	58.5	63.5	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	
2-Apr					6			9	5	12	4	
15	Specific endurance & lactate clearance	38.5	43.5	47.5	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	
9-Apr					5			7.5	4	2	2	
16	Specific endurance & lactate clearance	21.5	25.5	29.5	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	Boston Marathon!!! (Monday)