FUREY 26.2 MARATHON TRAINING

Program 6: Advanced

5 days of running per week
2 days of strength training
1 day of non-impact cardio cross training/intervals

Ideal for runners who can train daily, like intensity and are highly motivated

Advanced	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY LONG RUN	SUNDAY Recovery run	Total Milage
Week 1 - 11/27	8 SP	ST/XT	7	6	Easy 5	8	XT	34
Week 2 - 12/4	8 SP	ST/XT	7	6	Easy 5	8 - 10	XT	36
Week 3 - 12/11	8 SP	ST/XT	8 SP	7 SP & ST	Easy 5	10	XT	38
Week 4 - 12/18	8 YI (4)	ST/XT	8 SP	7 SP & ST	Easy 5	12	XT	40
Week 5 - 12/25	8 T	ST/XT	8 SP	8 SP & ST	Easy 6	10	XT	40
Week 6 - 1/1	8 YI (5)	ST/XT	8 SP	8 SP & ST	Easy 5	14	XT	43
Week 7 - 1/8	8 T	ST/XT	8 - HI	9 SP & ST	Easy 7	10 RR #1	XT	42
Week 8 - 1/15	8 YI (6)	ST/XT	9 - HI	9 SP & ST	Easy 5	14 - 16	XT	47
Week 9 - 1/22	8 T	ST/XT	9 - HI	10 SP & ST	Easy 7	10 - 12 RR #2	XT	48
Week 10 - 1/29	9 YI (7)	ST/XT	10 - HI	10 SP & ST	Easy 6	16 - 18	XT	53
Week 11 - 2/5	9 T	ST/XT	10 - HI	10 SP & ST	Easy 8	10 - 12 RR#3	XT	47
Week 12 - 2/12	9 YI (8)	ST/XT	10 - HI	10 SP & ST	Easy 6	18 - 20	XT	54
Week 13 - 2/19	10 T	ST/XT	10 - HI	10 SP & ST	Easy 8	10 - 12 RR #4	XT	50
Week 14 - 2/26	10 YI (9)	ST/XT	10 - HI	10 SP & ST	Easy 4	20	XT	54
Week 15 - 3/4	10 T	ST/XT	10 - HI	10 SP & ST	Easy 9	10 - 12 RR #5	XT	50
Week 16 - 3/11	8 YI (10)	ST/XT	10 - HI	10 SP & ST	Easy 8	20 - 22	XT	58
Week 17 - 3/18	10 T	ST/XT	10 - HI	10 SP & ST	Easy 4	14 - 16	XT	50
Week 18 - 3/25	10 YI (6-8)	ST/XT	10 - HI	10 SP & ST	Easy 8	12	XT	50
Week 19 - 4/1	8 YI (4)	ST/XT	6 - HI	8 SP & ST	3	8 - 10	XT	35
Week 20 - 4/8	4 YI (3)	ST/XT	2 - 4 - HI	5		3	2	20
April 15 2024	RACE DAY							

Program Overview:

The number next to each hill interval refers to the total mileage of that workout.
Included in that is a 1.5 - 2 mile easy run at the beginning / end of each hill workout.

Key:

YI(#): 800m lasso intervals, (#) indicates how many intervals
RR: Riverside Run
HI: Hill Intervals
ST: Strength Train

XT: Cross Train / non impact cardio
SP: Steady Pace
T: Tempo run - 20 minutes of hard pace running in the middle of the run
IRM (#): Mile repeats, # indicates how many repeats