FUREY 26.2 MARATHON TRAINING

Program 7: Elite

6 days of running per week
2 days of strength training
1 day of non-impact cardio cross training

Ideal for runners with 2+ years of experience who can train daily, like intensity and are highly motivated

Elite	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY LONG RUN	SUNDAY
Week 1 - 12/2	8 SP	8 SP & ST	8 SP	7 SP & ST	Easy 6	12	XT
Week 2 - 12/9	8 SP	8 SP & ST	8 SP	7 SP & ST	Easy 6	14	XT
Week 3 - 12/16	8 SP	8 SP & ST	8 SP	7 SP & ST	Easy 7	14 - 16 LR Tempo	XT
Week 4 - 12/23	7 YI (5)	8 SP & ST	8 SP	7 SP & ST	Easy 6	16 - 18 LR Tempo	XT
Week 5 - 12/30	7 IRM (3)	8 SP & ST	8 SP	8 SP & ST	Easy 8	10	XT
Week 6 - 1/6	8 YI (6)	8 SP & ST	8	8 SP & ST	Easy 6	16 LR Tempo	XT
Week 7 - 1/13	8 IRM (4)	8 SP & ST	8 - HI	9 SP & ST	Easy 8	10 - 12 RR #1	XT
Week 8 - 1/20	8 YI (7)	8 SP & ST	9 - HI	9 SP & ST	Easy 6	18	XT
Week 9 - 1/27	8 IRM (5)	8 SP & ST	9 - HI	10 SP & ST	Easy 8	10 - 12 RR #2	XT
Week 10 - 2/3	9 YI (8)	8 SP & ST	10 - HI	10 SP & ST	Easy 6	18 - 20	XT
Week 11 - 2/10	9 IRM (6)	8 SP & ST	10 - HI	10 SP & ST	Easy 8	10 - 12 RR#3	XT
Week 12 - 2/17	9 YI (9)	8 SP & ST	10 - HI	10 SP & ST	Easy 5	20	XT
Week 13 - 2/24	10 IRM (6)	8 SP & ST	10 - HI	10 SP & ST	Easy 10	10 - 12 RR #4	XT
Week 14 - 3/3	10 YI (10)	8 SP & ST	10 - HI	10 SP & ST	Easy 4	20	XT
Week 15 - 3/10	10 IRM (6)	8 SP & ST	10 - HI	10 SP & ST	Easy 8	10 - 12 RR #5	XT
Week 16 - 3/17	10 YI (10)	8 SP & ST	10 - HI	10 SP & ST	Easy 6	20	XT
Week 17 - 3/24	10 IRM (5)	8 SP & ST	10 - HI	8 SP & ST	Easy 4	16	XT
Week 18 - 3/31	8 YI (6)	8 SP & ST	9 - HI	8 SP & ST	Easy 6	10 - 12 - 14	XT
Week 19 - 4/7	8 YI (4)	6 SP & ST	6 - HI	8 SP & ST	Easy 7	8 - 10	XT
Week 20 - 4/14	SP	ST/XT	4 - 6	ST		3 - 4	2
April 21st, 2025	RACE DAY						

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
LR Tempo: Tempo run - Long run with 3 hard paced miles in the middle of the run
IRM (#): Mile repeats, # indicates how many repeats