

FUREY 26.2

MARATHON TRAINING

Program 6: Advanced

5 days of running per week

2 days of strength training

1 days of non-impact cardio cross training

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

Advanced	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY LONG RUN	SUNDAY	Total Milage
Week 1 - 5/25	8 T	ST/XT	8 SP	8 SP & ST	Easy 6	10	XT	40
Week 2 - 6/1	8 IY (5)	ST/XT	8 - HI	8 SP & ST	Easy 5	14 - 16	XT	45
Week 3 - 6/8	8 T	ST/XT	8 - HI	9 ST & ST	Easy 7	10	XT	42
Week 4 - 6/15	8 IY (6)	ST/XT	9 - HI	9 ST & ST	Easy 5	14 - 16 - 18	XT	49
Week 5 - 6/22	8 T	ST/XT	9 - HI	10 SP & ST	Easy 7	10	XT	44
Week 6 - 6/29	9 IY (7)	ST/XT	10 HI	10 SP & ST	Easy 6	16 - 18	XT	53
Week 7 - 7/6	9 T	ST/XT	10 HI	10 SP & ST	Easy 8	10	XT	49
Week 8 - 7/136	9 IY (8)	ST/XT	10 HI	10 SP & ST	Easy 6	16 - 18 - 20	XT	55
Week 9 - 7/20	10 T	ST/XT	10 HI	10 SP & ST	Easy 8	10	XT	48
Week 10 - 7/27	10 IY (9)	ST/XT	10 HI	10 SP & ST	Easy 4	18 - 20 - 22	XT	56
Week 11 - 8/3	10 T	ST/XT	10 HI	10 SP & ST	Easy 9	10	XT	51
Week 12 - 8/10	8 IY (10)	ST/XT	10 HI	10 SP & ST	Easy 8	12 - 16	XT	53
Week 13 - 8/17	8 T	ST/XT	8 HI	8 SP & ST	Easy 4	8 - 20 - 22	XT	48
Week 14 - 8/24	8 IY (6)	ST/XT	8 HI	8 SP & ST	Easy 8	12 - 14	XT	46
Week 15 - 8/31	6 IY (4)	ST/XT	6-8 HI	8 SP & ST	-	8 - 10	XT	32
Week 16 - 9/6	4 IY (3)	ST/XT	2-3 HI	5	-	3	2	
Sept. 14 2020	RACE DAY							

XT = Cross train (Non-impact cardio) - See cross training guide on furey262.com

ST = Strength train - See strength training guide on furey262.com

HI = Hill Intervals. Find more info/schedule on furey262.com

IY(#) = 800m lasso intervals. (#) Indicates how many intervals

SP = Steady pace **T** = Tempo run - 20 minutes of a hard pace in the middle of the run