

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	Total Mileage
Week 1 - 5/25	7 IRM (3)	ST & 8 SP	8 SP	8 SP & ST	Easy 8	10	XT	49
Week 2 - 6/1	8 IY (6)	ST & 8 SP	8 HI	8 SP & ST	Easy 6	16 LR tempo	XT	54
Week 3 - 6/8	8 IRM (4)	ST & 8 SP	8 HI	9 ST & ST	Easy 8	10	XT	51
Week 4 - 6/15	8 IY (7)	ST & 8 SP	9 HI	9 ST & ST	Easy 6	16 - 18	XT	58
Week 5 - 6/22	8 IRM (5)	ST & 8 SP	9 HI	10 SP & ST	Easy 8	10	XT	53
Week 6 - 6/29	9 IY (8)	ST & 8 SP	10 HI	10 SP & ST	Easy 6	18 - 20	XT	63
Week 7 - 7/6	9 IRM (6)	ST & 8 SP	10 HI	10 SP & ST	Easy 8	10	XT	55
Week 8 - 7/136	9 IY (9)	ST & 8 SP	10 HI	10 SP & ST	Easy 5	20 - 22	XT	54
Week 9 - 7/20	10 IRM (6)	ST & 8 SP	10 HI	10 SP & ST	Easy 10	10	XT	58
Week 10 - 7/27	10 IY (10)	ST & 8 SP	10 HI	10 SP & ST	Easy 4	20 - 22	XT	64
Week 11 - 8/3	10 IRM (6)	ST & 8 SP	10 HI	10 SP & ST	Easy 8	10	XT	56
Week 12 - 8/10	10 IY (10)	ST & 8 SP	10 HI	10 SP & ST	Easy 6	14 - 16	XT	50
Week 13 - 8/17	10 IRM (5)	ST & 8 SP	10 HI	8 SP & ST	Easy 4	20 - 22	XT	64
Week 14 - 8/24	8 IY (8)	ST & 8 SP	9 HI	8 SP & ST	Easy 6	12 - 14	XT	53
Week 15 - 8/31	6 IY (4)	ST & 6 SP	6 HI	8 SP & ST	Easy 6	8 - 10	XT	44
Week 16 - 9/6	7 SP	ST / XT	4 - 6	ST	-	3 - 4	2 or off	
Sept. 14 2020	RACE DAY							

LR tempo - Long run with 3 miles in the middle at tempo (T) run pace

SP = Steady pace

XT = Cross train (Non-impact cardio) 30-60min

ST = Strength train

HI = Hill Intervals.

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

IRM (#) = mile repeats (#) Indicates how many

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

See furey262.com for XT/ST/HI guides