

# FUREY 26.2

## MARATHON TRAINING

### Program 5: Advanced

5 days of running per week

1-2 days of cross training

Ideal for runners who train daily, like intensity and is highly motivated for maximum performance.

Starting Mileage: 29 miles per week

Key Runs: hill intervals, long run, & Yasso

Highest Mileage Week: 50-mile peak

Longest Run: 22 miles

Injury Risk: slightly higher than a beginner but still low due to ST and XT

Furey 26.2 Program 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	total
Week 1- 6/24	7 SP	ST/ XT	8 SP	7 SP & ST	Rest/ 4 easy	12 LR	X-T	
Week 2- 7/1	7 I	ST/ XT	8 HI	7 SP & ST	Rest/ 4 easy	12 LR	X-T	
Week 3- 7/8	7 T	ST/ XT	8 THI	8 SP & ST	Rest/ 4 easy	14-16 LR	X-T	
Week 4- 7/15	8 I	ST/ XT	8 HI	8 SP & ST	Rest/ 4 easy	12 LR	X-T	
Week 5- 7/22	8 T	ST/ XT	8 THI	9 SP & ST	Rest/ 4 easy	16-18 LR	X-T	
Week 6- 7/29	8 I	ST/ XT	9 HI	9 SP & ST	Rest/ 4 easy	12 LR	X-T	
Week 7- 8/5	8 T	ST/ XT	9 HI	10 SP & ST	Rest/ 4	18-20 LR	X-T	

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					easy			
Week 8- 8/12	9 I	ST/ XT	10 HI	10 SP & ST	Rest/ 4 easy	12 LR	X-T	
Week 9- 8/19	9 T	ST/ XT	10 HI	10 SP & ST	Rest/ 4 easy	20 LR	X-T	
Week 10- 8/26	9 I	ST/ XT	10 HI	10 SP & ST	Rest/ 4 easy	12 LR	X-T	
Week 11- 9/2	10 T	ST/ XT	10 HI	10 SP & ST	Rest/ 4 easy	18- 20 LR	X-T	
Week 12- 9/9	10 I	ST/ XT	10 HI	10 SP & ST	Rest/ 4 easy	16 LR	X-T	
Week 13- 9/16	10 T	ST/ XT	8 HI	10 SP & ST	Rest/ 4 easy	20-22 LR	X-T	
Week 14- 9/23	8 T	ST/ XT	8 HI	10 SP & ST	Rest/ 4 easy	12 LR	X-T	
Week 15- 9/30	6 T	ST/ XT	6 HI	8 SP & ST	Rest/ 4 easy	10 LR	X-T	
Week 16- 10/7	6 SP		4	3	Rest/ 4 easy		RACE	

Key:

SP= steady pace run

ST= strength train

IT= interval training (Yasso 800s)

LR= long run

T= tempo run

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HI= hill intervals

Good examples of cross-training include all non-impact cardio, such as bike, stepper, rower, swimming, elliptical, and 30-60 minute spin classes with some intervals mixed in.

NOTE: It is recommended to foam roll and stretches daily.