

# FUREY 26.2

## MARATHON TRAINING

### Chicago 2024 Marathon Training Plan

## Program 6: Advanced

5 days of running per week

2 days of strength training per week

1 day of non-impact cardio cross training/intervals

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
Week 1: 6/17	8 T	XT/ST	8	7 SP + ST	Easy 6	10 - 12	XT	42
Week 2: 6/24	8 YI (5)	XT/ST	8	8 SP + ST	Easy 5	14	XT	43
Week 3: 7/1	8 T	XT/ST	8	8 SP + ST	Easy 7	10	XT	42
Week 4: 7/8	8 YI (6)	XT/ST	8	9 SP + ST	Easy 5	14 - 16	XT	47
Week 5: 7/15	9 T	XT/ST	8 HI	9 SP + ST	Easy 7	12	XT	46
Week 6: 7/22	9 YI (7)	XT/ST	9 HI	10 SP + ST	Easy 6	16 - 18	XT	53
Week 7: 7/29	9 T	XT/ST	9 HI	10 SP + ST	Easy 8	12	XT	49
Week 8: 8/5	9 YI (8)	XT/ST	10 HI	10 SP + ST	Easy 6	18 - 20	XT	55
Week 9: 8/12	10 T	XT/ST	10 HI	10 SP + ST	Easy 8	10 - 12	XT	50
Week 10: 8/19	10 YI (9)	XT/ST	10 HI	10 SP + ST	Easy 4	20+	XT	54
Week 11: 9/2	10 T	XT/ST	10 HI	10 SP + ST	Easy 9	12	XT	52
Week 12: 9/9	8 YI (10)	XT/ST	10 HI	10 SP + ST	Easy 8	20 - 22	XT	60
Week 13: 9/16	8 T	XT/ST	8 HI	8 SP + ST	Easy 4	14	XT	42
Week 14: 9/23	8 YI (6)	XT/ST	8 HI	8 SP + ST	Easy 8	10	XT	42
Week 15: 9/30	6 YI (4)	XT/ST	6 - 8 HI	8 SP + ST		8 - 10	XT	30
Week 16: 10/7	4 YI (3)	XT/ST	2 - 5 HI	5		2 - 3	RACE DAY	

*IY #:* 800m lasso intervals. # indicates how many intervals

*ST:* Strength Train

*XT:* cross train (non impact cardio)

*HI:* Hill Intervals

*SP:* Steady Pace

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

Highest Weekly Mileage: 60

For more information, see training guides for specific activities on [furey262.com](http://furey262.com)