

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

Beginner A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY Or rest	SATURDAY Long run	SUNDAY
Week 1 - 6/7	8 SP	6 SP & ST	8 SP	6 SP & ST	Easy 4 - 6	12 LR Tempo	XT
Week 2 - 6/14	8 SP	7 SP & ST	8 SP	6 SP & ST	Easy 6	10 LR Tempo	XT
Week 3 - 6/21	8 SP	7 SP & ST	8 SP	6 SP & ST	Easy 6	12 LR Tempo	XT
Week 4 - 6/28	8 SP	8 SP & ST	8 SP	6 SP & ST	Easy 6	10 - 12 LR Tempo	XT
Week 5 - 7/5	8 SP	8 SP & ST	8 SP	7 SP & ST	Easy 7	14 - 16 LR Tempo	XT
Week 6 - 7/12	7 IY (5)	8 SP & ST	8 SP	7 SP & ST	Easy 6	16 - 18 LR Tempo	XT
Week 7 - 7/19	7 IRM (3)	8 SP & ST	8 SP	8 SP & ST	Easy 8	10+ *	XT
Week 8 - 7/26	8 IY (6)	8 SP & ST	8 HI	8 SP & ST	Easy 6	16 LR Tempo	XT
Week 9 - 8/2	8 IRM (4)	8 SP & ST	8 HI	9 SP & ST	Easy 8	12	XT
Week 10 - 8/9	8 IY (7)	8 SP & ST	9 HI	9 SP & ST	Easy 6	10+ *	XT
Week 11 - 8/16	8 IRM (5)	8 SP & ST	9 HI	10 SP & ST	Easy 8	16 - 18	XT
Week 12 - 8/23	9 IY (8)	8 SP & ST	10 HI	10 SP & ST	Easy 6	18 - 20	XT
Week 13 - 8/30	9 IRM (6)	8 SP & ST	10 HI	10 SP & ST	Easy 8	16	XT
Week 14 - 9/6	9 IY (9)	8 SP & ST	10 HI	10 SP & ST	Easy 5	10+ *	XT
Week 15 - 9/13	10 IRM (6)	8 SP & ST	10 HI	10 SP & ST	Easy 10	14 - 16	XT
Week 16 - 9/20	10 IY (10)	8 SP & ST	10 HI	10 SP & ST	Easy 4	10+ *	XT
Week 17 - 9/27	10 IRM (6)	8 SP & ST	10 HI	10 SP & ST	Easy 8	18 - 20	XT
Week 18 - 10/4	10 IY (10)	8 SP & ST	10 HI	10 SP & ST	Easy 6	14 - 16	XT
Week 19 - 10/11	10 IRM (5)	8 SP & ST	10 HI	8 SP & ST	Easy 4	20 - 22	XT
Week 20 - 10/18	8 IY (8)	8 SP & ST	9 HI	8 SP & ST	Easy 6	10+ *	XT
Week 21 - 10/25	6 IY (4)	6 SP & ST	6 HI	8 SP & ST	Easy 6	8 - 10	XT
Week 22 - 11/1	SP	ST/XT	4 - 6	ST	-	3 - 4	2
November 7th 2021	RACE DAY					<i>*Woodland Run</i>	

IY(#): 800m lasso intervals, # indicates how many intervals

XT: Cross Train - Non-impact cardio

ST: Strength Train - See training guides on furey262.com

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

SP: Steady Pace

LR Tempo: Long run with 3 hard paced miles in the middle of run

IRM (#): Mile repeats, # Indicates how many repeats