

FUREY 26.2

MARATHON TRAINING

Program 5: Advanced

NYC 18 Week Training Schedule

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 peal

Longest Run: 22 miles

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

Furey 26.2 Program 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	total
Week 1- 7/1	7 SP	ST/ XT	8 SP	7 SP & ST	Rest/ 4 easy	12 LR	X-T	38
Week 2- 7/8	7 I	ST/ XT	8 HI	7 SP & ST	Rest/ 4 easy	12 LR	X-T	38
Week 3- 7/15	7 T	ST/ XT	8 THI	8 SP & ST	Rest/ 4 easy	14-16 LR	X-T	43
Week 4- 7/22	8 I	ST/ XT	8 HI	8 SP & ST	Rest/ 4 easy	12 LR	X-T	42
Week 5- 7/29	8 T	ST/ XT	8 THI	9 SP & ST	Rest/ 4 easy	16-18 LR	X-T	43
Week 6- 8/5	8 I	ST/ XT	9 HI	9 SP & ST	Rest/ 4 easy	12 LR	X-T	40

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Week 7- 8/12	8 T	ST/ XT	9 HI	10 SP & ST	Rest/ 4 easy	18-20 LR	X-T	51
Week 8- 8/19	9 I	ST/ XT	10 HI	10 SP & ST	Rest/ 4 easy	12 LR	X-T	45
Week 9- 8/26	9 T	ST/ XT	10 HI	10 SP & ST	Rest/ 4 easy	20 LR	X-T	53
Week 10- 9/2	9 I	ST/ XT	10 HI	10 SP & ST	Rest/ 4 easy	12 LR	X-T	45
Week 11- 9/9	10 T	ST/ XT	10 HI	10 SP & ST	Rest/ 4 easy	18- 20 LR	X-T	50
Week 12- 9/16	10 I	ST/ XT	10 HI	10 SP & ST	Rest/ 4 easy	16 LR	X-T	50
Week 13- 9/23	10 T	ST/ XT	8 HI	10 SP & ST	Rest/ 4 easy	20-22 LR	X-T	54
Week 14- 9/30	8 T	ST/ XT	8 HI	10 SP & ST	Rest/ 4 easy	12 LR	X-T	40
Week 15- 10/7	8 I	ST/ XT	8 HI	8 SP & ST	Rest/ 4 easy	22 LR	X-T	50
Week 16- 10/14	8 T	ST/ XT	8 HI	8 SP & ST	Rest/ 4 easy	14 LR	X-T	40
Week 17- 10/21	8 T	ST/ XT	6 HI	7 SP & ST	Rest/ 4 easy	12 LR	X-T	37
Week 18- 10/28	6	ST/ XT	5	4	2	1	RACE	

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Key:

SP= steady pace run

ST= strength train

IT= interval training (Yasso 800s)

LR= long run

T= tempo run

HI= hill intervals

XT= cardiac cross train

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.