

FUREY 26.2

MARATHON TRAINING

Program 6: Advanced

5 days of running per week

2 days of strength training

1 days of non-impact cardio cross training

Ideal for runners who can train daily, like intensity, and are highly motivated

Beginner A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (or rest)	SATURDAY	SUNDAY	Total Mileage
Week 1 - 11/18	7 SP	ST/XT	8 SP	5 SP & ST	Easy 4	10	XT	34
Week 2 - 11/25	7 SP	ST/XT	8 SP	6 SP & ST	Easy 4	10	XT	35
Week 3 - 12/2	8 SP	ST/XT	8 SP	6 SP & ST	Easy 4	12	XT	38
Week 4 - 12/9	8 SP	ST/XT	8 SP	6 SP & ST	Easy 5	10	XT	37
Week 5 - 12/16	8 SP	ST/XT	8 SP	7 SP & ST	Easy 5	10 - 14	XT	42
Week 6 - 12/23	8 IY (4)	ST/XT	8 SP	7 SP & ST	Easy 5	12	XT	38
Week 7 - 12/30	8 T	ST/XT	8 SP	8 SP & ST	Easy 6	10.5 - Riverside run	XT	40
Week 8 - 1/6	8 IY (5)	ST/XT	8 - HI	8 SP & ST	Easy 5	14 - 16	XT	45
Week 9 - 1/13	8 T	ST/XT	8 - HI	9 ST & ST	Easy 7	10+ - Riverside run	XT	42
Week 10 - 1/20	8 IY (6)	ST/XT	9 - HI	9 ST & ST	Easy 5	14 - 16 - 18	XT	49
Week 11 - 1/27	8 T	ST/XT	9 - HI	10 SP & ST	Easy 7	10+ - Riverside run	XT	44
Week 12 - 2/3	9 IY (7)	ST/XT	10 HI	10 SP & ST	Easy 6	16 - 18	XT	53
Week 13 - 2/10	9 T	ST/XT	10 HI	10 SP & ST	Easy 8	10+ - Riverside run	XT	49
Week 14 - 2/17	9 IY (8)	ST/XT	10 HI	10 SP & ST	Easy 6	16 - 18 - 20	XT	55
Week 15 - 2/24	10 T	ST/XT	10 HI	10 SP & ST	Easy 8	10+ - Riverside run	XT	48
Week 16 - 3/2	10 IY (9)	ST/XT	10 HI	10 SP & ST	Easy 4	18 - 20 - 22	XT	56
Week 17 - 3/9	10 T	ST/XT	10 HI	10 SP & ST	Easy 9	10+ - Riverside run	XT	51
Week 18 - 3/16	8 IY (10)	ST/XT	10 HI	10 SP & ST	Easy 8	12 - 16	XT	53
Week 19 - 3/23	8 T	ST/XT	8 HI	8 SP & ST	Easy 4	8 - 20 - 22	XT	48
Week 20 - 3/30	8 IY (6)	ST/XT	8 HI	8 SP & ST	Easy 8	12 - 14	XT	46
Week 21 - 4/6	6 IY (4)	ST/XT	6-8 HI	8 SP & ST	-	8 - 10	XT	32
Week 22 - 4/13	4 IY (3)	ST/XT	2-3 HI	5	-	3	2	
APRIL 20, 2020	RACE DAY							

XT = Cross train (Non-impact cardio) - See cross training guide on furey262.com

ST = Strength train - See strength training guide on furey262.com

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

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

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