

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	SUNDAY	Total Mileage
Week 1 - 11/18	8 SP	ST & 6 SP	8 SP	6 SP & ST	Easy 4-6	12 LR tempo	XT	46
Week 2 - 11/25	8 SP	ST & 7 SP	8 SP	6 SP & ST	Easy 6	10 LR tempo	XT	45
Week 3 - 12/2	8 SP	ST & 7 SP	8 SP	6 SP & ST	Easy 6	12 LR tempo	XT	47
Week 4 - 12/9	8 SP	ST & 8 SP	8 SP	6 SP & ST	Easy 6	10 - 12 LR tempo	XT	48
Week 5 - 12/16	8 SP	ST & 8 SP	8 SP	7 SP & ST	Easy 7	14 - 16 LR tempo	XT	52
Week 6 - 12/23	7 IY (5)	ST & 8 SP	8 SP	7 SP & ST	Easy 6	16 - 18 LR tempo	XT	54
Week 7 - 12/30	7 IRM (3)	ST & 8 SP	8 SP	8 SP & ST	Easy 8	10.5 - Riverside run	XT	49
Week 8 - 1/6	8 IY (6)	ST & 8 SP	8 HI	8 SP & ST	Easy 6	16 LR tempo	XT	54
Week 9 - 1/13	8 IRM (4)	ST & 8 SP	8 HI	9 ST & ST	Easy 8	10+ - Riverside run	XT	51
Week 10 - 1/20	8 IY (7)	ST & 8 SP	9 HI	9 ST & ST	Easy 6	16 - 18	XT	58
Week 11 - 1/27	8 IRM (5)	ST & 8 SP	9 HI	10 SP & ST	Easy 8	10+ - Riverside run	XT	53
Week 12 - 2/3	9 IY (8)	ST & 8 SP	10 HI	10 SP & ST	Easy 6	18 - 20	XT	63
Week 13 - 2/10	9 IRM (6)	ST & 8 SP	10 HI	10 SP & ST	Easy 8	10+ - Riverside run	XT	55
Week 14 - 2/17	9 IY (9)	ST & 8 SP	10 HI	10 SP & ST	Easy 5	20 - 22	XT	54
Week 15 - 2/24	10 IRM (6)	ST & 8 SP	10 HI	10 SP & ST	Easy 10	10+ - Riverside run	XT	58
Week 16 - 3/2	10 IY (10)	ST & 8 SP	10 HI	10 SP & ST	Easy 4	20 - 22	XT	64
Week 17 - 3/9	10 IRM (6)	ST & 8 SP	10 HI	10 SP & ST	Easy 8	10+ - Riverside run	XT	56
Week 18 - 3/16	10 IY (10)	ST & 8 SP	10 HI	10 SP & ST	Easy 6	14 - 16	XT	50
Week 19 - 3/23	10 IRM (5)	ST & 8 SP	10 HI	8 SP & ST	Easy 4	20 - 22	XT	64
Week 20 - 3/30	8 IY (8)	ST & 8 SP	9 HI	8 SP & ST	Easy 6	12 - 14	XT	53
Week 21 - 4/6	6 IY (4)	ST & 6 SP	6 HI	8 SP & ST	Easy 6	8 - 10	XT	44
Week 22 - 4/13	7 SP	ST / XT	4 - 6	ST	-	3 - 4	2 or off	
APRIL 20, 2020	RACE DAY							

LR tempo - Long run with 3 miles in the middle at tempo (T) run pace

SP = Steady pace

XT = Cross train (Non-impact cardio) 30-60min

ST = Strength train

HI = Hill Intervals

See furey262.com for XT/ST/HI guides

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

IRM (#) = mile repeats (#) Indicates how many

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