

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

| Elite | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY Or rest | SATURDAY Long run | SUNDAY |
|--------------------|-----------------|-----------|-----------|------------|-------------------|-----------------------|--------|
| Week 1 - 12/13 | 8 SP | 8 SP & ST | 8 SP | 7 SP & ST | Easy 7 | 14 - 16 LR Tempo | XT |
| Week 2 - 12/20 | 7 YI (5) | 8 SP & ST | 8 SP | 7 SP & ST | Easy 6 | 16 - 18 LR Tempo | XT |
| Week 3 - 12/27 | 7 IRM (3) | 8 SP & ST | 8 SP | 8 SP & ST | Easy 8 | 10 | XT |
| Week 4 - 1/3 | 8 YI (6) | 8 SP & ST | 8 HI | 8 SP & ST | Easy 6 | 16 LR Tempo | XT |
| Week 5 - 1/10 | 8 IRM (4) | 8 SP & ST | 8 HI | 9 SP & ST | Easy 8 | 12 | XT |
| Week 6 - 1/17 | 8 YI (7) | 8 SP & ST | 9 HI | 9 SP & ST | Easy 6 | 10+ * (RR) | XT |
| Week 7 - 1/24 | 8 IRM (5) | 8 SP & ST | 9 HI | 10 SP & ST | Easy 8 | 16 - 18 | XT |
| Week 8 - 1/31 | 9 YI (8) | 8 SP & ST | 10 HI | 10 SP & ST | Easy 6 | 10+ * (RR) | XT |
| Week 9 - 2/7 | 9 IRM (6) | 8 SP & ST | 10 HI | 10 SP & ST | Easy 8 | 18 - 20 | XT |
| Week 10 - 2/14 | 9 YI (9) | 8 SP & ST | 10 HI | 10 SP & ST | Easy 5 | 10+ * (RR) | XT |
| Week 11 - 2/21 | 10 IRM (6) | 8 SP & ST | 10 HI | 10 SP & ST | Easy 10 | 14 - 16 | XT |
| Week 12 - 2/28 | 10 YI (10) | 8 SP & ST | 10 HI | 10 SP & ST | Easy 4 | 10+ * (RR) | XT |
| Week 13 - 3/7 | 10 IRM (6) | 8 SP & ST | 10 HI | 10 SP & ST | Easy 8 | 18 - 20+ | XT |
| Week 14 - 3/14 | 10 YI (10) | 8 SP & ST | 10 HI | 10 SP & ST | Easy 6 | 10+ * (RR) | XT |
| Week 15 - 3/21 | 10 IRM (5) | 8 SP & ST | 10 HI | 8 SP & ST | Easy 4 | 20 - 22 | XT |
| Week 16 - 3/28 | 8 YI (6) | 8 SP & ST | 9 HI | 8 SP & ST | Easy 6 | 10 - 12 | XT |
| Week 17 - 4/4 | 6 YI (4) | 6 SP & ST | 6 HI | 8 SP & ST | Easy 7 | 8 - 10 | XT |
| Week 18 - 4/11 | SP | ST/XT | 4 - 6 | ST | - | 3 - 4 | 2 |
| April 18th 2022 | RACE DAY | | | | | <i>*Riverside Run</i> | |

YI(#): 800m Yasso 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