Program 7: Elite

FUREY 26.2
MARATHON TRAINING

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	SATURDAY LONG RUN	SUNDAY
Week 1 - 12/1	8 SP	8 SP & ST	8 SP	7 SP & ST	Easy 6	12	XT
Week 2 - 12/8	8 SP	8 SP & ST	8 SP	7 SP & ST	Easy 6	14	XT
Week 3 - 12/15	8 SP	8 SP & ST	8 SP	7 SP & ST	Easy 7	14 - 16 LR Tempo	XT
Week 4 - 12/22	7 YI (5)	8 SP & ST	8 SP	7 SP & ST	Easy 6	16 - 18 LR Tempo	XT
Week 5 - 12/29 Optional deload day	7 IRM (3)	8 SP & ST	8 SP	8 SP & ST	Easy 8	10	XT
Week 6 - 1/5	8 YI (6)	8 SP & ST	8	8 SP & ST	Easy 6	16 LR Tempo	XT
Week 7 - 1/12	8 IRM (4)	8 SP & ST	8 - HI	9 SP & ST	Easy 8	10 - 12 RR #1	XT
Week 8 - 1/19	8 YI (7)	8 SP & ST	9 - HI	9 SP & ST	Easy 6	18	XT
Week 9 - 1/26	8 IRM (5)	8 SP & ST	9 - HI	10 SP & ST	Easy 8	10 - 12 RR #2	XT
Week 10 - 2/2 Optional deload day	9 YI (8)	8 SP & ST	10 - HI	10 SP & ST	Easy 6	18 - 20	XT
Week 11 - 2/9	9 IRM (6)	8 SP & ST	10 - HI	10 SP & ST	Easy 8	10 - 12 RR#3	XT
Week 12 - 2/16	9 YI (9)	8 SP & ST	10 - HI	10 SP & ST	Easy 5	20	XT
Week 13 - 2/23	10 IRM (6)	8 SP & ST	10 - HI	10 SP & ST	Easy 10	10 - 12 RR #4	XT
Week 14 - 3/2	10 YI (10)	8 SP & ST	10 - HI	10 SP & ST	Easy 4	20	XT
Week 15 - 3/9 Optional deload day	10 IRM (6)	8 SP & ST	10 - HI	10 SP & ST	Easy 8	10 - 12 RR #5 Riverside extension	XT
Week 16 - 3/16	10 YI (10)	8 SP & ST	10 - HI	10 SP & ST	Easy 6	20	XT
Week 17 - 3/23	10 IRM (5)	8 SP & ST	10 - HI	8 SP & ST	Easy 4	16	XT
Week 18 - 3/30	8 YI (6)	8 SP & ST	9 - HI	8 SP & ST	Easy 6	10 - 12 - 14 #6	XT
Week 19 - 4/6	8 YI (4)	6 SP & ST	6 - HI	8 SP & ST	Easy 7	8 - 10	XT
Week 20 - 4/13	SP	ST/XT	4 - 6	ST		3 - 4	2
April 20 2026	**RACE DAY**						

Important Note: These plans are guidelines. If needed, you can switch up the days, change things around, and blend different plans together to meet your individual training goals. Please see information below for coaches notes and the training abbreviation key.

Key:

LR: Long runs. A key piece of the marathon training plan. These are generally run at an easy pace with some segments run at race pace.

RR: Riverside Run. This out-and-back run begins at the Riverside T stop and finishes at Joint Ventures.

HI: Hill Intervals. A critical workout for Boston! The number on the schedule reflects the total mileage of the workout, including a 1.5 - 2.0 mile easy warmup jog at the start and shakeout jog at the end.

SP: Steady pace runs. Not hard but not too easy. You should be able to talk during these runs.

ST: Strength Train. Any form of strength training that will help improve running and decrease injury risk.

XT: Cardio Cross Train. 30 - 60 minutes of any version of non-impact cardio - bike, rower, stepper, swim, elliptical

Strides: 5 - 6 strides (20 seconds each) at the end of the run.

BW: Brisk Walk 30 - 60 minutes. An excellent alternative to increase fitness with minimal impact and to prepare you for adding walking breaks into longer runs as they increase later in the season.

RD: Recovery Day. Either a total day off, walk, yoga or very light (non-impact) cardio.

Yasso 800: 800 meter repeats (2 laps around a track) until you've reached the listed mileage. Check out furey262.com for more info on Yassos and how to do them properly.

RM: Repeat miles. These can be mixed with or alternated with the yasso 800s. Please consult Coach Furey with any questions about customizing your program.

Optional De-load week: the de-load week is a week that has a 30 - 50% reduction in weekly volume. Usually after a few week period of consistent training, this allows the body to optimally recover. Sometimes, life, health, time, etc. forces you to have an "unplanned" de-load week during the training cycle. This is why these de-load weeks are listed as optional.