

Steeplechasers Marathon Training Fall 2016

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 6/27/16 22-28 Miles		6 Miles CP	1 Mile Warm Up Track-Decathlon 1500m	4-5 Miles CP	Rest	10 Miles CP	3-5 Miles RR Or Cross Train
2 7/4/16 23-29 Miles		6 Mile CP	2 Mile Warm Up Track-Decathlon 400m	4-5 Miles CP	Rest	11 Miles CP	3-5 Miles RR Or Cross Train
3 7/11/16 24-32 Miles		6 Miles (3@HMP)	1-2 Mile Warm Up Track-Decathlon 800 M Grand Prix	4-5 Miles CP	Rest	12 Miles CP	3-6 Miles RR Or Cross Train
4 7/18/16 19-27 Miles		1st GROUP RUN: 7 Miles (4@HMP)	2 Mile Warm Up Track-Decathlon 200m	4-6 Miles CP	Rest	Run For The Pie 10K Race	3-6 Miles RR Or Cross Train
5 7/25/16 28-37 Miles		7-8 Miles (4-5@Tempo)	1 Mile Warm Up Track-Decathlon 3000m	4-6 Miles CP	Rest	14 Miles CP	3-6 Miles RR Or Cross Train
6 8/1/16 29-38 Miles		7-8 Miles (4-5@Tempo)	1 Mile Warm Up Track Decathlon 1 Mile	4-6 Miles CP	Rest	16 Miles w/4 @MP	3-6 Miles RR Or Cross Train
7 8/8/16 30-38 Miles		7-8 Miles (4-5@Tempo)	3-5 Mile CP	2 Mile Warm Up 6x800 @5k 6x400 recovery jog	Rest	3-4 Miles CP Or Cross Train Steeps WDF 5K	14 Miles CP
8 8/15/16 33-42 Miles		7-8 Miles (4-5@Tempo)	3-5 Mile CP	2 Mile Warm Up 6x800 @5k 6x400 recovery jog	Rest	17 Miles Last 5 MP	3-6 Miles RR or Cross Train
9 8/22/16 34-43 Miles		7-8 Miles (4-5@Tempo)	3-5 Mile CP	2 Mile Warm Up 6x800 @5k 6x400 recovery jog	Rest	18 Miles CP	3-6 Miles RR or Cross Train
10 8/29/16 30-39 Miles		7-8 Miles (4-5@Tempo)	4-6 Mile CP	2 Mile Warm Up 6x800 @5k 6x400 recovery jog	Rest	14 Miles CP	3-6 Miles RR or Cross Train
11 9/5/16 37-41 Miles		7-8 Miles (4-5@Tempo)	4-6 Mile CP	2 Mile Warm Up 6x800 @5k 6x400 recovery jog	Rest	1 Mile Warm Up + Market Street Mile	20 Miles CP 18 Miles CP (MCM)
12 9/12/16 32-36 Miles		7-8 Miles CP	4-6 Mile CP	7 Miles CP	Rest	Rest or 14 Miles if Not Running Rick's Run	Ricks 5.22 Mile Trail Run (multiple loops if wanted)
13 9/19/16 38-47 Miles		7-8 Miles (4-5@Tempo)	4-6 Mile CP	7 Miles CP	Rest	20 Miles (Last 5 MP option)	4-6 Miles RR Or Cross Train
14 9/26/16 32-41 Miles		7-8 Miles (4@Tempo)	4-6 Mile CP	7 Miles CP	Rest	14 Miles CP (Last 5 MP)	4-6 Miles RR Or Cross Train
15 10/3/16 24-32		6 Miles CP (last 3 @MP)	4-6 Mile CP	6 Miles (3 @ Tempo)	Rest	8 Miles CP 20 Miles (MCM) (Last 5 MP)	4-6 Miles RR Or Cross Train
16 10/10/16		5 Miles (3@Tempo) +1 mile (MCM)	4-6 Mile CP (MCM)	Rest 6 Mile (3@ Tempo) (MCM)	Rest	10/17 Baltimore Marathon 14 (MCM)	4-6 Miles RR Or Cross Train (MCM)
17 10/17/16		6 Miles (last 2@ MP) (MCM)	5 Miles (MCM)	4 Miles (MCM)	Rest	8 Miles	2-3 Mile RR Or Cross Train
18 10/24/16		3 Miles	3 Miles	2 Miles	Rest	Rest	10/25 Marine Corps Marathon

CP=Conversation Pace, MP= Marathon Pace, HMP=Half Marathon Pace, Tempo=1 hour max pace, RR=Recovery Run
MCM=Marine Corps, **HIGHLIGHTED=Group Run**, **HIGHLIGHTED=Training Race**, **HIGHLIGHTED=Goal Race**
You may run Hill Repeats or Fartleks in place of the Thursday intervals. Intervals will be explained before starting.