

Advanced Marathon Training Program

Weeks left	Week beginning	Mon	Tues	Wed	Thurs	Fri	Sat	Saturday location & notes	Sun	Weekly Miles
18	11/17/2014	0	4	5	5	4	8	See Jane Run to Berkeley	4	30
17	11/24/2014	0	5	5	5	4	10	Lafayette/Moraga Trail	4	33
16	12/1/2014	0	6	5	5	4	12	Transports - ORF preview	4	36
15	12/8/2014	0	6	6	5	4	14	SF Ferry Bldg to Golden Gate Bridge	5	40
14	12/15/2014	0	6	6	8	5	9	Tilden Inspiration Pt, Wildcat Canyon	4	38
13	12/22/2014	0	7	7	6	4	4 or 12	4 (if racing LMJS 4SR) or run on your own	10k or 4	34 or 40
12	12/29/2014	0	8	7	5	5	15	Emeryville - Bay Bridge	4	44
11	1/5/2015	0	8	7	6	5	18	Road Runner Sports, Contra Costa Trails	3	47
10	1/12/2015	0	6	7	8	5	16	ORF Course Preview	3	45
9	1/19/2015	0	6	7	8	3	18	Sports Basement, Bay Trail Richmond	3	45
8	1/26/2015	0	6	6	5	5	3 or 17	3 (if racing Kaiser) or run on your own	13.1 or 4	38 or 43
7	2/2/2015	0	6	5	6	6	16	Bay Farm Ferry Terminal & Crown Beach	6	45
6	2/9/2015	0	5	6	8	6	20	Forward Motion Danville, Iron Horse Trail	5	50
5	2/16/2015	0	7	6	6	5	16	Alameda Creek Trail - Beard St., Fremont	4	44
4	2/23/2015	0	6	6	8	5	20	ORF Course Preview	5	50
3	3/2/2015	0	8	6	6	0	15	San Leandro Bay Trail, Hayward Shoreline	4	39
2	3/9/2015	0	5	5	6	0	9	Lake Merritt to Piedmont	4	29
1	3/16/2015	0	4	5	3	0	3	Oakland Marathon	26.2	15+race

All runs except speed workouts are at easy pace.

Speed Work: next page

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Speed workouts

Speed work is not required, but it can help you improve your marathon time.

Coach Will will lead speed workouts on Tuesdays at 6:30 p.m. at the Piedmont High School Track (until further notice). If you are new to speed work, talk to a coach about getting started, and err on the side of caution.

Don't do a speed workout the day after or before a long run.

All speed workouts begin with a minimum 1 mile warm-up and end with 1 mile cool-down.

For all speed workouts below, include a 400 m very easy jog between faster intervals, except where noted and for Yasso 800s. The following schedule is a suggestion; feel free to make adjustments.

Key: RP = race pace (goal marathon pace), based on your **current** fitness level
T = Threshold pace
I = Interval Pace
E = Easy pace

Weeks left	Tuesday	Workout
18	11/18/2014	4 @ E (no speed workout)
17	11/25/2014	6 x 800m @ RP
16	12/2/2014	3 x 1600m @ RP
15	12/9/2014	6 x 800m @ T
14	12/16/2014	3 x 1600m @ T
13	12/23/2014	3 x 2000m @ T
12	12/30/2014	8 @ E (no speed workout)
11	1/6/2015	6 x 1000m @ I
10	1/13/2015	3 x 1600m @ T
9	1/20/2015	4 x 1200m @ I
8	1/27/2015	4 x 400m @ I (1 min recovery), 3 x 1000 @ T, 4 x 400 @ I (1 min recovery)
7	2/3/2015	6 @ E (no speed workout)
6	2/10/2015	6 x 800m @ I
5	2/17/2015	4 x 400m @ I (1 min recovery), 2 x 1600 @ T, 4 x 400 @ I (1 min recovery)
4	2/24/2015	3 x 1600m @ T
3	3/3/2015	Yasso 800s Note: reduce Wednesday workout to 4 miles if you complete this workout
2	3/10/2015	2 x 2000 @ RP
1	3/17/2015	4 @ E (no speed workout)