

Here's the Plan

Bart Yasso's race-tested intermediate marathon-training program

WEEK	MON Rest	TUE Easy	WED Hard Work: Hills, Speed	THU Rest	FRI Easy or MP	SAT Easy	SUN LSD	WEEKLY TOTAL
1	Rest	Easy 4 miles	6 miles hills	Rest	Easy 4 miles	Easy 4 miles ✓	7 miles LSD ✓	25 ✓
2	Rest	Easy 4 miles	6 miles hills	Rest	Easy 5 miles	Easy 5 miles	9 miles LSD	28 ✓
3	Rest	Easy 3 miles	6 miles hills	Rest	Easy 5 miles	Easy 5 miles	12 miles LSD	30 ✓
4	Rest	Easy 4 miles	6 miles hills	Rest	Easy 4 miles	Easy 4 miles	10 miles LSD	28 ✓
5	Rest	Easy 4 miles	7 miles hills	Rest	Easy 4 miles	Easy 4 miles	13 miles LSD	32 ✓
6	Rest	Easy 7 miles	8 miles hills	Rest	Easy 6 miles	Easy 6 miles	2-mile warmup, 5-K race, 1-mile cooldown TOTAL: 6 Miles	34 ✓
7	Rest	Easy 4 miles	7 miles hills	Rest	Easy 5 miles	Easy 5 miles	16 miles LSD	37 ✓
8	Rest	Easy 5 miles	HILL REPEATS: 8 miles (total)	Rest	Easy 4 miles	Easy 4 miles	14 miles LSD	35
9	Rest	Easy 3 miles	MILE REPEATS 2-mile warmup, 3 x 1 mile @ 10-K pace, w/ 400-meter recovery, 2-mile cooldown TOTAL: 8 miles	Rest	1-mile warmup, 7 miles @ MP, 1-mile cooldown TOTAL: 9 miles	Easy 3 miles	18 miles LSD	41
10	Rest	Easy 4 miles	YASSO 800s 2-mile warmup, 6 x 800 meters w/ 400-meter recovery, 2-mile cooldown TOTAL: 9 miles	Rest	1-mile warmup, 8 miles @ MP, 1-mile cooldown TOTAL: 10 miles	Rest	20 miles LSD	42
11	Rest	Easy 4 miles	Easy 7 miles	Rest	1-mile warmup, 8 miles @ MP, 1-mile cooldown TOTAL: 10 miles	Easy 4 miles	20 miles LSD	45
12	Rest	Easy 7 miles	MILE REPEATS 2-mile warmup, 4 x 1 mile @ 10-K pace, w/ 800-meter recovery, 2-mile cooldown TOTAL: 10 miles	Rest	Easy 7 miles	Easy 8 miles	15 miles LSD	47
13	Rest	Easy 6 miles	YASSO 800s 2-mile warmup, 8 x 800 w/ 400- meter recovery, 2-mile cooldown TOTAL: 10 miles	Rest	Easy 6 miles	Easy 6 miles	22 miles LSD	48
14	Rest	Easy 8 miles	MILE REPEATS 2-mile warmup, 3 x 1 mile @ 10-K pace w/ 400-meter recovery, 2-mile cooldown TOTAL: 8 miles	Rest	Easy 7 miles	Easy 7 miles	15 miles LSD	45
15	Rest	Easy 5 miles	Easy 4 miles	Rest	Easy 6 miles	Easy 5 miles	12 miles LSD	32
16	Rest	Easy 5 miles	Rest	Easy 5 miles	Rest	Very easy 3 miles	Race day	13

STYLIST: ANNIE CHERVIN EDWARDS; HAIR-MAKEUP: SHENNON KAYAL; SHIRTS AND SHORTS: COURTESY SAUCONY; LOCATION: COURTESY ALLENTOWN PARKS & RECREATION

KEY → REST DAYS Ideally, on rest days you should not exercise at all. But it's okay to cross-train with a no-impact activity like stretching, yoga, or swimming. **EASY DAYS** Run at a comfortable pace or cross-train with a sustained aerobic effort on a bicycle or an elliptical trainer. **HILLS** Run the mileage for the day on the hilliest course you can find. These build a base of strength in the first seven weeks. **HILL REPEATS** On week eight, find a hill that will take you at least two minutes to climb, and mark off a "short" repeat, halfway from the bottom, and a "long" repeat to the top. After a two-mile warmup, run up to the short mark three or four times, jogging back down to recover in between. Then run up to the top three or four times, jogging back down to the short mark, then sprinting to the bottom. Finish with three or four sprints up to the short mark. Cool down with two miles of easy running. **SPEEDWORK (MILE REPEATS AND YASSO 800s)** Warm up and cool down with two easy miles. For the mile repeats, run a mile at your 10-K pace, jog a lap for recovery, and repeat that cycle three times. For the Yasso 800s, run 800 meters at a time that's "equal" to your marathon time. That is, if you're shooting for a 4:10 marathon, try to run each 800-meter repeat in four minutes and 10 seconds. Jog 400 meters in between the 800s. **LSD** Long, slow distance runs build endurance. These should be done at an easy pace, one to two minutes slower than your marathon goal pace. **MP** Marathon goal pace. Practice the speed you hope to hit in the race.

Your First Day

Here's when to start your 16-week program for other fall marathons.

MARATHON	RACE DAY	START
Twin Cities	10/4	6/15
Chicago	10/11	6/22
Marine Corps	10/25	7/6
New York City	11/1	7/13
Richmond	11/14	7/27
Philadelphia	11/22	8/3