

KARC 4-40 Marathon Plan

2022 Houston Marathon

4 days - 40 miles peak

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Block 0	Week 1	2-Aug-21 Off Rest or X-train	3-Aug-21 Speed 10 x 1:00 on/off	4-Aug-21 Off Rest or X-train	5-Aug-21 Easy 6 miles	6-Aug-21 Off Rest or X-train	7-Aug-21 Easy 6 miles	8-Aug-21 Recovery 5 miles
Miles	22	0	5	0	6	0	6	5
Block 0	Week 2	9-Aug-21 Off Rest or X-train	10-Aug-21 Easy w/ Strides 6 w/ 6 strides	11-Aug-21 Off Rest or X-train	12-Aug-21 Tempo 3 x 1 mile T	13-Aug-21 Off Rest or X-train	14-Aug-21 Easy 8 miles	15-Aug-21 Recovery 5 miles
Miles	25	0	6	0	6	0	8	5
Block 0	Week 3	16-Aug-21 Off Rest or X-train	17-Aug-21 Speed 5 x 2:00 on/off	18-Aug-21 Off Rest or X-train	19-Aug-21 Easy 6 miles	20-Aug-21 Off Rest or X-train	21-Aug-21 Long Run 10 miles	22-Aug-21 Recovery 5 miles
Miles	26	0	5	0	6	0	10	5
Block 0	Week 4	23-Aug-21 Off Rest or X-train	24-Aug-21 Easy w/ Strides 6 w/ 6 strides	25-Aug-21 Off Rest or X-train	26-Aug-21 Tempo 3 x 1 mile T	27-Aug-21 Off Rest or X-train	28-Aug-21 Long Run 12 miles	29-Aug-21 Recovery 5 miles
Miles	29	0	6	0	6	0	12	5
Block 0	Week 5	30-Aug-21 Off Rest or X-train	31-Aug-21 Speed 5 x 2:00 on/off	1-Sep-21 Off Rest or X-train	2-Sep-21 Easy 6 miles	3-Sep-21 Off Rest or X-train	4-Sep-21 Long Run 12 miles	5-Sep-21 Recovery 5 miles
Miles	28	0	5	0	6	0	12	5
Block 0	Week 6	6-Sep-21 Race B2S 5k	7-Sep-21 Easy 6 miles	8-Sep-21 Off Rest or X-train	9-Sep-21 Tempo 6 miles w/ 3 @ T	10-Sep-21 Off Rest or X-train	11-Sep-21 Long Run 13 miles	12-Sep-21 Recovery 6 miles
Miles	36	5	6	0	6	0	13	6
Block 1	Week 7	13-Sep-21 Off Rest or X-train	14-Sep-21 Tempo 4 x 1 mile T	15-Sep-21 Off Rest or X-train	16-Sep-21 Easy 9 miles	17-Sep-21 Off Rest or X-train	18-Sep-21 Long Run 12 miles	19-Sep-21 Recovery 5 miles
Miles	34	0	8	0	9	0	12	5
Block 1	Week 8	20-Sep-21 Off Rest or X-train	21-Sep-21 Easy w/ Strides 8 w/ 10 strides	22-Sep-21 Off Rest or X-train	23-Sep-21 Mid-long 10 miles	24-Sep-21 Off Rest or X-train	25-Sep-21 MP Long 13 miles w/ 6 @ MP	26-Sep-21 Recovery 5 miles
Miles	36	0	8	0	10	0	13	5
Block 1	Week 9	27-Sep-21 Off Rest or X-train	28-Sep-21 Tempo 2 x 2 mile T	29-Sep-21 Off Rest or X-train	30-Sep-21 Mid-long 10 miles	1-Oct-21 Off Rest or X-train	2-Oct-21 Long Run 13 miles	3-Oct-21 Recovery 5 miles
Miles	36	0	8	0	10	0	13	5
Block 1	Week 10	4-Oct-21 Off Rest or X-train	5-Oct-21 Easy w/ Strides 8 w/ 10 strides	6-Oct-21 Off Rest or X-train	7-Oct-21 Mid-long 10 miles	8-Oct-21 Off Rest or X-train	9-Oct-21 Long Run 13 miles	10-Oct-21 Recovery 5 miles
Miles	36	0	8	0	10	0	13	5
Block 1	Week 11	11-Oct-21 Off Rest or X-train	12-Oct-21 Tempo 8 miles w/ 4 @ T	13-Oct-21 Off Rest or X-train	14-Oct-21 Mid-long 10 miles	15-Oct-21 Off Rest or X-train	16-Oct-21 MP Long 16 miles w/ 8 @ MP	17-Oct-21 Recovery 5 miles
Miles	39	0	8	0	10	0	16	5
Block 1	Week 12	18-Oct-21 Off Rest or X-train	19-Oct-21 Easy w/ Strides 8 w/ 10 strides	20-Oct-21 Off Rest or X-train	21-Oct-21 Easy 8 miles	22-Oct-21 Off Rest or X-train	23-Oct-21 Long Run 10 miles	24-Oct-21 Recovery 4 miles
Miles	30	0	8	0	8	0	10	4
Block 2	Week 13	25-Oct-21 Off Rest or X-train	26-Oct-21 Tempo 5 x 1 mile T	27-Oct-21 Off Rest or X-train	28-Oct-21 Mid-long 8 miles	29-Oct-21 Off Rest or X-train	30-Oct-21 Shakeout 5 shakeout	31-Oct-21 Race Houston Half
Miles	37	0	9	0	8	0	5	15
Block 2	Week 14	1-Nov-21 Off Rest or X-train	2-Nov-21 Easy w/ Strides 7 w/ 6 strides	3-Nov-21 Off Rest or X-train	4-Nov-21 Easy 9 miles	5-Nov-21 Off Rest or X-train	6-Nov-21 Long Run 18 miles	7-Nov-21 Recovery 6 miles
Miles	40	0	7	0	9	0	18	6
Block 2	Week 15	8-Nov-21 Off Rest or X-train	9-Nov-21 Tempo 9 miles w/ 5 @ T	10-Nov-21 Mid-long 8 miles	11-Nov-21 Easy w/ Strides 5 w/ 6 strides	12-Nov-21 Off Rest or X-train	13-Nov-21 MP Long 16 miles w/ 10 @ MP	14-Nov-21 Recovery 4 miles
Miles	42	0	9	8	5	0	16	4
Block 2	Week 16	15-Nov-21 Off Rest or X-train	16-Nov-21 Speed 5 x 800	17-Nov-21 Off Rest or X-train	18-Nov-21 Easy w/ Strides 8 w/ 8 strides	19-Nov-21 Off Rest or X-train	20-Nov-21 Long Run 18 miles	21-Nov-21 Recovery 5 miles
Miles	39	0	8	0	8	0	18	5
Block 2	Week 17	22-Nov-21 Off Rest or X-train	23-Nov-21 Easy w/ Strides 6 w/ 6 strides	24-Nov-21 Off Rest or X-train	25-Nov-21 Race Turkey Dash 10k	26-Nov-21 Off Rest or X-train	27-Nov-21 Long Run 20 miles	28-Nov-21 Recovery 5 miles
Miles	40	0	6	0	9	0	20	5

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Block 3	Week 18	29-Nov-21 Off Rest or X-train	30-Nov-21 Speed 5 x 800	1-Dec-21 Off Rest or X-train	2-Dec-21 Easy 6 miles	3-Dec-21 Easy w/ Strides 5 w/ 6 strides	4-Dec-21 Long Run 14 miles	5-Dec-21 Recovery 5 miles
Miles 36		0	6	0	6	5	14	5
Block 3	Week 19	6-Dec-21 Off Rest or X-train	7-Dec-21 Speed 4 x 1000	8-Dec-21 Off Rest or X-train	9-Dec-21 Mid-long 10 miles	10-Dec-21 Off Rest or X-train	11-Dec-21 Shakeout 5 shakeout	12-Dec-21 Race Fort Bend 30k
Miles 39		0	6	0	10	0	5	18
Block 3	Week 20	13-Dec-21 Off Rest or X-train	14-Dec-21 Speed 4 x 1000	15-Dec-21 Easy 5 miles	16-Dec-21 Easy 6 miles	17-Dec-21 Off Rest or X-train	18-Dec-21 Long Run 18 miles	19-Dec-21 Recovery 5 miles
Miles 40		0	6	5	6	0	18	5
Block 3	Week 21	20-Dec-21 Off Rest or X-train	21-Dec-21 Speed 5 x 800	22-Dec-21 Off Rest or X-train	23-Dec-21 Mid-long 10 miles	24-Dec-21 Off Rest or X-train	25-Dec-21 Long Run 20 miles	26-Dec-21 Recovery 4 miles
Miles 40		0	6	0	10	0	20	4
Block 4	Week 22	27-Dec-21 Off Rest or X-train	28-Dec-21 Speed 5 x 800	29-Dec-21 Off Rest or X-train	30-Dec-21 Easy w/ Strides 6 w/ 6 strides	31-Dec-21 Off Rest or X-train	1-Jan-22 Long Run 15 miles	2-Jan-22 Recovery 6 miles
Miles 33		0	6	0	6	0	15	6
Block 4	Week 23	3-Jan-22 Off Rest or X-train	4-Jan-22 Speed 3 x 1600	5-Jan-22 Off Rest or X-train	6-Jan-22 Easy 6 miles	7-Jan-22 Off Rest or X-train	8-Jan-22 Long Run 11 miles	9-Jan-22 Recovery 4 miles
Miles 29		0	8	0	6	0	11	4
Block 4	Week 24	10-Jan-22 Off Rest or X-train	11-Jan-22 Easy 6 miles	12-Jan-22 Dress Rehearsal 6 w/ 2 @ MP	13-Jan-22 Off Rest or X-train	14-Jan-22 Easy w/ Strides 4 w/ 6 strides	15-Jan-22 Shakeout 4 shakeout	16-Jan-22 Race Houston Marathon
Miles 46		0	6	6	0	4	4	26