

2023-24

Marathon Level 3

| Week | Mon Date | Mon | Tues (Strength & Speed) | Wed | Thurs (Tempo) | Fri | Sat | Sun | Sun Date |
|------|----------|--------|-------------------------|---------|---------------------|-----|---------------------|----------|----------|
| 1 | 17-Jul | X | X | X | X | X | 5 mi | Off | 23-Jul |
| 2 | 24-Jul | 40 | 45 | 40 | 45 | Off | 6 mi | Off | 30-Jul |
| 3 | 31-Jul | 40 | 45 | 40 | 45 | Off | 7 mi | Off | 6-Aug |
| 4 | 7-Aug | 40 | CR hill, 2 x 8 reps | 40 | 1-2-1 | Off | 8 mi | Off | 13-Aug |
| 5 | 14-Aug | 45 | CR hill, 3 x 8 reps | 40 | 1-2-1 | Off | 9 mi | Off | 20-Aug |
| 6 | 21-Aug | 45 | CR hill, 4 x 8 reps | 40 | 2-1-1 | Off | 10 mi | Off | 27-Aug |
| 7 | 28-Aug | 45 | CR hill, 4 x 10 reps | 45 | 50/10 @ HMP | Off | 9 mi | Off | 3-Sep |
| 8 | 4-Sep | B2S 5K | 4 x 400m | 45 | 50/15 @ HMP | Off | 10 mi | Off | 10-Sep |
| 9 | 11-Sep | 50 | 3 x 800m | 45 | 50/15 @ HMP | Off | 12 mi | Off | 17-Sep |
| 10 | 18-Sep | 50 | 6 x 400m | 45 | 2-1-2 | Off | 14 mi | Off | 24-Sep |
| 11 | 25-Sep | 50 | 4 x 800m | 50 | 2-1-2 | Off | 12 mi | Off | 1-Oct |
| 12 | 2-Oct | 50 | 2 x 1600m | 50 | 2-1-2 | Off | 14 mi | Off | 8-Oct |
| 13 | 9-Oct | 55 | 5 x 800m | 50 | 2-1-2 | Off | 16 mi | Off | 15-Oct |
| 14 | 16-Oct | 55 | 6 x 800m | 50 | 50/25 @ HMP | Off | 16 mi | Off | 22-Oct |
| 15 | 23-Oct | 55 | 2 x 2000m | 55 | 50/25 @ HMP | Off | 3 mi (easy) | HHM | 29-Oct |
| 16 | 30-Oct | off | 3 x 1600m | 55 | 50/25 @ HMP | Off | 16 mi | Off | 5-Nov |
| 17 | 6-Nov | 55 | 7 x 800m | 55 | 50/25 @ HMP | Off | 18 mi | Off | 12-Nov |
| 18 | 13-Nov | 55 | 3 x 1600m | 55 | 2-2-2 | Off | 3 mi (easy) | HMSA 25K | 19-Nov |
| 19 | 20-Nov | 55 | 8 x 800m | 60 | YMCA Turkey Dash | Off | 18 mi | Off | 26-Nov |
| 20 | 27-Nov | Off | 4 x 1600m | 60 | 1-2-1-2-1 | Off | 20 mi | Off | 3-Dec |
| 21 | 4-Dec | 55 | 10 x 800m | 60 | 1-2-1-2-1 | Off | 18 mi | Off | 10-Dec |
| 22 | 11-Dec | 55 | 4 x 1600m | 60 | 60/35 @ HMP | Off | 21 mi | Off | 17-Dec |
| 23 | 18-Dec | 55 | 6 x 800m | 60 | 50/30 @ HMP | Off | 16 mi | Off | 24-Dec |
| 24 | 25-Dec | 55 | 5 x 800m | 60 | 50/30 @ HMP | Off | 12 mi | Off | 31-Dec |
| 25 | 1-Jan | 45 | 2 x 1600m | 45 | 50/20 @ HMP | Off | 10 mi | Off | 7-Jan |
| 26 | 8-Jan | 30 | 5000m @ MP | 30/easy | rest or 20 min easy | Off | rest or 20 min easy | Race | 14-Jan |

Notes: Workouts are in minutes unless otherwise noted

All runs are at EASY pace unless otherwise noted

All speed or hill workouts should include 1 to 1.5 mile warm up and cool down

1-2-1 notation means one mile warm up (WU), 2 miles tempo pace, 1 mile cool down (CD)

30/10 notation means a 30 minute total run with 10 minutes done at specified pace (i.e. @ HMP)

T or Tempo means Tempo Pace. See McMillan Calculator to determine your Tempo Pace

10KP means 10K Pace. See McMillan Calculator to determine your 10K Pace

HMP notation means Half Marathon Pace. See McMillan Calculator to determine your HMP

MP notation means Marathon Pace. See McMillan Calculator to determine your MP

3 x 800m notation means a workout of 3 repeats of 800 meters with a short rest in between.

CR Hill refers to the hill behind Cinco Ranch HS, but you can substitute garage ramps or another hill

[B2S 5K is the Back To School 5K Race](#)

[HHM refers to the Houston Half Marathon & 10K race in late October](#)

[HMSA refers to the Houston Masters 25K, 10 mile, and 5K race held as part of the warm up series](#)

[YMCA Turkey Dash refers to the Katy Turkey Dash held on Thanksgiving Day](#)