

Marathon Level 3

Week	Plan	Mon Date	Mon	Tues (Track)	Wed	Thurs (Tempo)	Fri	Sat	Sun	Sun Date
1	M3	14-Jul	40	45	40	45	Off	5 mi	Off	20-Jul
2	M3	21-Jul	40	45	40	45	Off	6 mi	Off	27-Jul
3	M3	28-Jul	40	45	40	45	Off	7 mi	Off	3-Aug
4	M3	4-Aug	40	Hill, 2 x 8 reps	40	1-2-1	Off	8 mi	Off	10-Aug
5	M3	11-Aug	45	Hill, 3 x 8 reps	40	1-2-1	Off	9 mi	Off	17-Aug
6	M3	18-Aug	45	Hill, 4 x 8 reps	40	2-1-1	Off	10 mi	Off	24-Aug
7	M3	25-Aug	45	Hill, 4 x 10 reps	45	50/10 @ HMP	Off	9 mi	Off	31-Aug
8	M3	1-Sep	B2S 5K	4 x 400m	45	50/15 @ HMP	Off	10 mi	Off	7-Sep
9	M3	8-Sep	50	3 x 800m	45	50/15 @ HMP	Off	12 mi	Off	14-Sep
10	M3	15-Sep	50	6 x 400m	45	2-1-2	Off	14 mi	Off	21-Sep
11	M3	22-Sep	50	4 x 800m	50	2-1-2	Off	12 mi	Off	28-Sep
12	M3	29-Sep	50	2 x 1600m	50	2-1-2	Off	14 mi	Off	5-Oct
13	M3	6-Oct	55	5 x 800m	50	2-1-2	Off	16 mi	Off	12-Oct
14	M3	13-Oct	55	2 x 2000m	50	50/25 @ HMP	Off	16 mi	Off	19-Oct
15	M3	20-Oct	55	5000m @ HMP	55	50/25 @ HMP	Off	3 mi (easy)	HHM	26-Oct
16	M3	27-Oct	Off	3 x 1600m	55	50/25 @ HMP	Off	16 mi	Off	2-Nov
17	M3	3-Nov	55	7 x 800m	55	50/25 @ HMP	Off	18 mi	Off	9-Nov
18	M3	10-Nov	55	3 x 1600m	55	2-2-2	Off	18 mi	Off	16-Nov
19	M3	17-Nov	55	8 x 800m	60	1-2-1-2-1	Off	3 mi (easy)	HMSA 25K	23-Nov
20	M3	24-Nov	Off	5000m @ 10KP	20 easy	YMCA Turkey Dash	Off	20 mi	Off	30-Nov
21	M3	1-Dec	55	10 x 800m	60	1-2-1-2-1	Off	18 mi	Off	7-Dec
22	M3	8-Dec	55	4 x 1600m	60	60/35 @ HMP	Off	21 mi	Off	14-Dec
23	M3	15-Dec	55	6 x 800m	60	50/30 @ HMP	Off	16 mi	Off	21-Dec
24	M3	22-Dec	55	5 x 800m	60	50/30 @ HMP	Off	12 mi	Off	28-Dec
25	M3	29-Dec	45	2 x 1600m	45	50/20 @ HMP	Off	10 mi	Off	4-Jan
26	M3	5-Jan	30	5000m @ MP	30/easy	rest or 20 min easy	Off	rest or 20 min easy	Race	11-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)

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

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

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

"Hill" can be a multilevel parking garage, the hill behind Cinco Ranch High School, or any other hill you can find

[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](#)