

PR  **BANDIT**
FALL 2023

[illegible]



THE PROGRAM is a 16-week training experience designed to get you to the starting line of the New York Marathon with the confidence to run your best race. Over the next three months, we'll explore the most crucial aspects of distance running from nutrition and sports psychology to recovery and of course—training. Thank you for investing in your running journey with us. Let's get to work.



SIXTEEN WEEK TRAINING PLAN

At the core of The Program is a comprehensive, mileage-based 16-week training plan, created by Head Coach, Steve Finley.

THE RUN APP

Download the free Program iOS App to access and interact with your plan, view weekly guidance, and get answers to all your training questions.

COACH ACCESS

Coach Finley, Coach Kara & Coach Ned, who have collectively led over 5,000 runners across finish lines, are just an email away at all times.

EXPERT GUIDANCE

Each week, you'll receive new milestone-based guidance from world-class experts across running, nutrition, sports psychology, and recovery.

WEEKLY WORKOUTS

On Wednesdays, we'll hit our mid-week speed workout at McCarren Park Track, and on Saturdays, we'll get our long runs out of the Bandit West Village store.

MARATHON WEEKEND

Marathon week is sacred and we'll be putting on special events for Program Athletes to get together and prepare for Sunday. Stay tuned.



The 16-week training plans are designed specifically to prepare athletes for the NYC Marathon course. There are two mileage-based plans and one time-based plan. It is your job to choose the one that is most realistic for you. Layering the pace chart onto your plan is how we'll work towards finish time goals. That all being said, make no mistake that each individual's plan will adapt to their changing needs throughout the 16-week journey.

We invite all program athletes to connect with and lean on the coaches as questions and thoughts inevitably come up. The line is always open, coach@banditrunning.com.

FUNDAMENTALS

TAKE STOCK OF WHERE YOU ARE

Where you are now is not where you'll be in 12 weeks time. Take a moment to reflect on both where you are fitness-wise relative to your goal, and the current state of your personal life (work, family, friends, commute, etc.). Factoring this all in, choose the training plan you feel the most confident in.

COMMIT TO THE PROCESS

The most important days of the week are the speed workout and the long run. Try your best to always get these done, even if it doesn't happen on Wednesdays and Saturdays. As important, commit to your recovery and allow your body to benefit from the hard work.

BUILD YOUR ROUTINE

With your plan in hand, our next best advice is to establish a routine, get into a rhythm, and form healthy habits. Try to keep your days and weeks as consistent as possible. Having to constantly figure out how to fit in your training is a losing strategy. The closer to autopilot you can get, the better off you'll be.

UNDERSTANDING YOUR PACES



In each workout and long run, you'll see suggested paces to follow for a specified amount of distance/time. For instance, a workout may call for Tempo pace, Interval 1 pace, or your Goal Race pace. In most cases, you'll see "progressive" pacing, which means you'll start at a slower pace and progressively get faster. Having discipline to finish the final paces strong, is another essential key to a successful training cycle.

Especially early on in training, marry the pace assignments with going off "feel". Stay in control at all times.

PACE GLOSSARY

GOAL MARATHON PACE

The average pace you need to run over 26.2 miles to hit your goal finish time.

HALF MARATHON PACE

The pace of a recent half marathon, or take your Goal Marathon Time, divide by 2, and subtract ~10 minutes.

TEMPO PACE

A pace you can hold steady for 40 minutes straight. Another way to determine it is the pace you can run at what feels like 80-90% effort. Less scientific and more effort-focused.

INTERVAL ② PACE

The pace you can steadily run for 20 minutes straight.

INTERVAL ① PACE

Running fast while still feeling under control.

PACE CHART

PACE	SUB 2:45	SUB 3:00	SUB 3:15	SUB 3:30	SUB 3:45	SUB 4:00	SUB 4:15
INTERVAL ① PACE	5:20 - 4:50	5:35 - 5:15	6:05 - 5:45	6:40 - 6:20	7:15 - 6:55	7:50 - 7:30	8:15 - 7:55
INTERVAL ② PACE	5:40 - 5:20	6:00 - 5:40	6:30 - 6:10	7:05 - 6:45	7:45 - 7:25	8:20 - 8:00	8:40 - 8:20
TEMPO PACE	6:00 - 5:40	6:20 - 6:00	6:50 - 6:30	7:25 - 7:05	8:05 - 7:45	8:45 - 8:25	9:10 - 8:45
HALF MARATHON PACE	5:55	6:30	7:00	7:35	8:10	8:45	9:10
GOAL MARATHON PACE	6:18	6:52	7:27	8:01	8:35	9:10	9:44

① ACCELERATIONS

To run further, you must first run faster. Running fast for short distances asks your body to become more efficient by forcing it to develop a better stride.

Over the thousands of steps in a marathon, these minor improvements in your efficiency will have a massive impact on your performance.

② EASY RUNS

On top of your two workouts per week, it's important to layer easy runs in.

Entirely time-based (ranging from 30-60 minutes), easy runs are all about building endurance. Getting your legs acclimated to running while tired is key for a successful back-half of a race.

③ SPEED WORK

Interval-based and always to be approached with a progressive mindset, start at a comfortable effort and very intentionally progress faster and faster.

Keep in mind, not all 12 speed workouts are going to go according to plan. Know when to cut it short if your body is not feeling it.

④ LONG RUNS

The main event. Long runs ask you to focus on pushing your mental and physical limits each week. They should be approached as a dry run for your half marathon, so show up rested, hydrated, prepared, and patient.

Depending on the details of each week, your paces will vary from easy all the way down to tempo. This is the most important day each week, so show up with intention.

⑤ RECOVERY DAY

Each week is a mini training cycle itself. You're tearing your muscles down in workouts and repairing them to be stronger for the next one. Without proper recovery, your muscles stay torn and you don't reap the benefits. Be sure to recover in order to capitalize on your training.

⑥ CROSS TRAINING

While cross-training is not specifically incorporated into the plan, it can be a very helpful way to build fitness while maintaining your routine. If you're involved in other cardio-based activities (with low risk of injury), feel free to replace an easy day with it.

YOUR WORKOUTS

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	30-40 Mins Easy, 4x 100m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	4x 800m @ tempo pace. 4x 400m at interval 1 pace. 90 sec rest between reps.	40-50 Mins Easy	Rest Day	8 Miles Easy	30-40 Mins Easy (Or Rest)
02	30-40 Mins Easy, 2x 150m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	16x 200m at interval 2 to interval 1 pace. 60 sec rest between each rep.	40-50 Mins Easy	Rest Day	10 miles. 3 miles easy, 3 x 1 mile at tempo with 1 mile easy rest. 1 mile easy cool down.	30-40 Mins Easy (Or Rest)
03	30-40 Mins Easy, 2x 200m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	14x 400M at tempo pace progression to interval 1. 90 sec rest between each rep.	40-50 Mins Easy	Rest Day	12 miles. 8 easy, 3 mile progression, 1 mile easy cool down.	30-40 Mins Easy (Or Rest)
04	30-50 Mins Easy, 6x 100m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	6x 800m at tempo to interval 2. 2x 200m at interval 1. 2:30 rest after 800s, 60 sec rest after the 200s.	40-50 Mins Easy	Rest Day	10 Miles Easy	30-40 Mins Easy (Or Rest)
05	30-40 Mins Easy, 6x 150m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	5x 1200m at tempo pace progression to interval 2. 90 sec rest between each rep.	40-50 Mins Easy	Rest Day	14 miles. 6 easy miles, 2x 2 miles at goal marathon pace with 1 mile easy recovery. 3 mile easy cool down.	30-40 Mins Easy (Or Rest)
06	40-50 Mins Easy, 6x 200m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	4x mile at tempo to interval 2. 90 sec rest between each rep.	50-60 Mins Easy	Rest Day	16 Miles Easy	30-40 Mins Easy (Or Rest)
07	40-50 Mins Easy, 8x 100m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	2x (10x 200m) from interval 2 to interval 1. 60 sec rest between each rep. 3 min between sets.	50-60 Mins Easy	Rest Day	12 Mile Progression	30-40 Mins Easy (Or Rest)
08	40-50 Mins Easy, 6x 150m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	16x 400m at tempo pace progression to interval 1. 90 sec rest between each rep.	50-60 Mins Easy	Rest Day	16 miles. 7 miles easy, 3 x 2 miles at goal marathon pace, 2 min recovery, 3 miles cool down.	30-40 Mins Easy (Or Rest)
09	40-50 Mins Easy, 6x 200m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	7x 1000m at tempo to interval 1 pace. 90 sec rest between each set.	50-60 Mins Easy	Rest Day	18 miles. 9 miles easy, 4 miles goal marathon pace with 1 mile easy. 1 mile tempo, 3 miles easy.	30-40 Mins Easy (Or Rest)
10	40-50 Mins Easy, 8x 100m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	5x mile at tempo pace. 90 sec rest between each rep.	50-60 Mins Easy	Rest Day	16 miles. 4 miles easy, 3 x 3 miles goal marathon pace, 2 min recovery, 3 mile cool down.	30-40 Mins Easy (Or Rest)
11	40-50 Mins Easy, 6x 150m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	6x 800m at interval 2 progressing to interval 1 pace. 2 min rest between each rep.	50-60 Mins Easy	Rest Day	20 Miles Easy	30-40 Mins Easy (Or Rest)
12	40-50 Mins Easy, 4x 200m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	2000m at tempo, 4x 800 at interval 2, 2000m at tempo. 90 sec rest between each rep.	50-60 Mins Easy	Rest Day	16 miles. 4 miles easy, 8 miles at goal marathon pace. 4 miles easy.	30-40 Mins Easy (Or Rest)
13	40-50 Mins Easy, 8x 100m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	8x 1000m at tempo to interval 1 pace. 90 sec rest between each rep.	50-60 Mins Easy	Rest Day	21 miles. 5 miles easy, 2 x 5 miles goal marathon pace with 1 miles easy between. 1 mile tempo, 3 miles easy.	30-40 Mins Easy (Or Rest)
14	40-50 Mins Easy, 4x 150m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	1600m, 800m, 1600m, 800m, 1600m at tempo & interval 2 paces. 90 sec rest between each rep.	50-60 Mins Easy	Rest Day	14 miles. 10 easy, 3 at goal marathon pace, 1 easy.	30-40 Mins Easy (Or Rest)
15	40-50 Mins Easy, 2x 200m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	4x mile at tempo. 90 sec rest between each rep.	30-40 Mins Easy	Rest Day	10 Miles	30-40 Mins Easy (Or Rest)
16	40-50 Mins Easy, 4x 100m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	2x 1 Mile at goal marathon pace, 2x 800m at half marathon pace. 2 min rest between each rep.	20 Mins Easy (Or Rest)	Rest Day	3 Miles Easy	26.2 Miles

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	30-40 Mins Easy, 4x 100m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	4x 800m at tempo pace. 4x 400m at interval 1 pace. 90 sec rest between each rep.	40-50 Mins Easy	30-40 Mins Easy (Or Rest)	8 Miles Easy	30-40 Mins Easy (Or Rest)
02	30-40 Mins Easy, 2x 150m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	16x 200m at interval 2 to interval 1 pace. 60 sec rest between each rep.	40-50 Mins Easy	30-40 Mins Easy (Or Rest)	10 miles. 3 miles easy, 3 x 1 mile at tempo with 1 mile easy rest. 1 mile easy cool down.	30-40 Mins Easy (Or Rest)
03	30-40 Mins Easy, 2x 200m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	14x 400m at tempo pace progression to interval 1. 90 sec rest between each rep.	40-50 Mins Easy	30-40 Mins Easy (Or Rest)	12 miles. 8 easy, 3 mile progression, 1 mile easy cool down.	30-40 Mins Easy (Or Rest)
04	30-40 Mins Easy, 6x 100m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	6x 800m at tempo to interval 2. 2x 200m at interval 1 pace. 2:30 rest after 800s, 60 sec rest after 200s	40-50 Mins Easy	30-40 Mins Easy (Or Rest)	10 Miles Easy	30-40 Mins Easy (Or Rest)
05	30-40 Mins Easy, 6x 150m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	5x 1200m at tempo progression to interval 2. 90 sec rest between each rep.	40-50 Mins Easy	30-40 Mins Easy (Or Rest)	14 miles. 6 easy miles, 2x 2 miles at goal marathon pace with 1 mile easy recovery. 3 mile easy cool down.	30-40 Mins Easy (Or Rest)
06	40-50 Mins Easy, 6x 200m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	4x mile at tempo to interval 2. 90 sec rest between each rep.	50-60 Mins Easy	30-40 Mins Easy (Or Rest)	16 Miles Easy	30-40 Mins Easy (Or Rest)
07	40-50 Mins Easy, 8x 100m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	2x (10x 200m) from interval 2 to interval 1 pace. 60 sec rest between each rep. 3 min between sets.	50-60 Mins Easy	30-40 Mins Easy (Or Rest)	12 Mile Progression	30-40 Mins Easy (Or Rest)
08	40-50 Mins Easy, 6x 150m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	16x 400m at tempo pace progression to interval 1. 90 sec rest between each rep.	50-60 Mins Easy	30-40 Mins Easy (Or Rest)	16 miles. 7 miles easy, 3 x 2 miles at goal marathon pace, 2 min recovery, 3 miles cool down.	30-40 Mins Easy (Or Rest)
09	40-50 Mins Easy, 6x 200m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	7x 1000m at tempo to interval 1. 90 sec rest between each.	50-60 Mins Easy	30-40 Mins Easy (Or Rest)	18 miles. 9 miles easy, 4 miles goal marathon pace with 1 miles easy. 1 mile tempo, 3 miles easy.	30-40 Mins Easy (Or Rest)
10	40-50 Mins Easy, 8x 100m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	5x mile at tempo pace. 90 sec rest between each rep.	50-60 Mins Easy	30-40 Mins Easy (Or Rest)	16 miles. 4 miles easy, 3 x 3 miles goal marathon pace, 2 min recovery, 3 mile cool down.	30-40 Mins Easy (Or Rest)
11	40-50 Mins Easy, 6x 150m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	6x 800m at interval 2 progressing to interval 1 pace. 2 min rest between each rep.	50-60 Mins Easy	30-40 Mins Easy (Or Rest)	20 Miles Easy	30-40 Mins Easy (Or Rest)
12	40-50 Mins Easy, 4x 200m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	2000m at tempo, 4x 800 at interval 2, 2000m at tempo. 90 sec rest between each rep.	50-60 Mins Easy	30-40 Mins Easy (Or Rest)	16 miles. 4 miles easy, 8 miles goal marathon pace, 4 miles easy.	30-40 Mins Easy (Or Rest)
13	40-50 Mins Easy, 8x 100m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	8x 1000m at tempo to interval 1 pace. 90 sec rest between each rep.	50-60 Mins Easy	30-40 Mins Easy (Or Rest)	21 miles. 5 miles easy, 2 x 5 miles goal marathon pace with 1 mile easy between. 1 mile tempo, 3 miles easy.	30-40 Mins Easy (Or Rest)
14	40-50 Mins Easy, 4x 150m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	1600m, 800m, 1600m, 800m, 1600m at tempo & interval 2 paces. 90 sec rest between each rep.	50-60 Mins Easy	30-40 Mins Easy (Or Rest)	14 miles. 10 easy, 3 at goal marathon pace, 1 easy.	30-40 Mins Easy (Or Rest)
15	40-50 Mins Easy, 2x 200m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	4x mile at tempo. 90 sec rest between each rep.	30-40 Mins Easy	30-40 Mins Easy (Or Rest)	10 Miles	30-40 Mins Easy (Or Rest)
16	40-50 Mins Easy, 4x 100m accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	2x 1 Mile at goal marathon pace, 2x 800m at half marathon pace. 2 min rest between each rep.	20 Mins Easy (Or Rest)	Rest Day	3 Miles Easy	26.2 Miles

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	30-40 Mins Easy, 4x 30 sec accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	4x 3 mins at tempo pace. 4x 90 sec rest between each rep.	30-40 Mins Easy	Rest Day	50-60 Mins Easy	30-40 Mins Easy (Or Rest)
02	30-40 Mins Easy, 4x 30 sec accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	16x 45 sec at interval 2 to interval 1 pace. 60 sec rest between each rep.	30-40 Mins Easy	Rest Day	70 mins. 25 min easy, 3 x 5 min at tempo with 5 min easy rest. 20 min easy cool down.	30-40 Mins Easy (Or Rest)
03	30-40 Mins Easy, 4x 30 sec accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	14x 90 sec at tempo pace progression to interval 1. 90 sec rest between each rep.	30-40 Mins Easy	Rest Day	80 mins. 50 min easy, 20 min progression, 10 min easy cool down.	30-40 Mins Easy (Or Rest)
04	30-40 Mins Easy, 4x 30 sec accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	6x 3 min at tempo to interval 2. 2x 45 sec at interval 1 pace. 2:30 rest after 800s, 60 sec rest after 200s.	30-40 Mins Easy	Rest Day	70 Min Easy	30-40 Mins Easy (Or Rest)
05	30-40 Mins Easy, 4x 30 sec accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	5x 5 min at tempo pace progression to interval 2. 90 sec rest between each rep.	30-40 Mins Easy	Rest Day	90 mins. 45 min easy, 2x 10 min at goal marathon pace with 5 min easy recovery. 20 min easy cool down.	30-40 Mins Easy (Or Rest)
06	40-50 Mins Easy, 6x 30 sec accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	4x 6 min at tempo to interval 2. 90 sec rest between each rep.	30-40 Mins Easy	Rest Day	90 Min Easy	30-40 Mins Easy (Or Rest)
07	40-50 Mins Easy, 6x 30 sec accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	2x (10x 45 sec) from interval 2 to interval 1 pace. 60 sec rest between each rep. 3 min between sets.	30-40 Mins Easy	Rest Day	80 Min Progression	30-40 Mins Easy (Or Rest)
08	40-50 Mins Easy, 6x 30 sec accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	16x 90 sec at tempo pace progression to interval 1. 90 sec rest between each rep.	30-40 Mins Easy	Rest Day	100 min. 50 min easy. 3x 10 min at goal marathon pace, 20 mins recovery, 20 min cool down.	30-40 Mins Easy (Or Rest)
09	40-50 Mins Easy, 6x 30 sec accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	7x 4 min at tempo to interval 1 pace. 90 sec rest between each rep.	30-40 Mins Easy	Rest Day	110 mins. 60 min easy, 25 min goal marathon pace, 2 min recovery, 15 min cool down.	30-40 Mins Easy (Or Rest)
10	40-50 Mins Easy, 6x 30 sec accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	5x 6 min at tempo pace. 90 sec rest between each rep.	30-40 Mins Easy	Rest Day	100 mins. 25 min easy, 3x 20 min at goal marathon pace, 2 min recovery, 15 min cool down.	30-40 Mins Easy (Or Rest)
11	40-50 Mins Easy, 6x 30 sec accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	6x 3 min at interval 2 progressing to interval 1 pace. 2 min rest between each rep.	30-40 Mins Easy	Rest Day	105 Min Easy	30-40 Mins Easy (Or Rest)
12	40-50 Mins Easy, 6x 30 sec accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	8 min at tempo, 4x 3 min at interval 2, 8 min at tempo. 90 sec rest between each rep.	30-40 Mins Easy	Rest Day	100 mins. 25 min easy, 60 min at goal marathon pace, 15 min easy.	30-40 Mins Easy (Or Rest)
13	40-50 Mins Easy, 6x 30 sec accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	8x 4 min at tempo to interval 1 pace. 90 sec rest between each rep.	30-40 Mins Easy	Rest Day	120 mins. 40 min easy, 2x 25 min at goal marathon pace with 10 min easy between. 10 min tempo, 20 min easy.	30-40 Mins Easy (Or Rest)
14	40-50 Mins Easy, 6x 30 sec accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	6 min, 3 min, 6 min, 3 min, 6 min at tempo & interval 2 paces. 90 sec rest between each rep.	30-40 Mins Easy	Rest Day	90 mins. 60 min easy, 20 min at goal marathon pace, 10 min easy.	30-40 Mins Easy (Or Rest)
15	40-50 Mins Easy, 6x 30 sec accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	4x 6 min at tempo. 90 sec rest between each rep.	30-40 Mins Easy	Rest Day	60-70 Mins Easy	30-40 Mins Easy (Or Rest)
16	40-50 Mins Easy, 4x 30 sec accelerations with 60 sec rest between each rep.	30-40 Mins Easy (Or Rest)	2x 6 min at goal marathon pace, 2x 3 min at half marathon pace. 2 min rest between each rep.	20 Mins Easy (Or Rest)	Rest Day	20 Mins Easy	26.2 Miles

