

THE  
**PROGRAM**  
BANDIT *asics*

## THE TRAINING PLAN

The 16 week training plan is for all marathoners but it's built with our 2023 NYC marathoners in mind. The training plan is designed to guide runners through their weekly training to help them maximize their performance on race day. With that being the goal, make no mistake that each individual's plan will change and adapt to their needs throughout the 16 week journey.

### **Make It Your Training Plan**

Once you have your training plan in hand, the next step is to apply it to your schedule and when you will have time to train. No matter what you're training for or how long you have to do it, it is crucial to first examine your current commitments, which include but are not limited to, your work, family, friends, social life, other hobbies and last but not least, your commute to and from these places.

### **Build Your Routine**

With these in mind, be realistic with yourself and your schedule, ask the questions: When will I have time to train? Where should I place my hard effort days in my schedule? And, how can I build a routine that I can be consistent with throughout the training cycle?

### **Schedule Your Hard Efforts and Recovery**

Within The Program training plan you will see flexibility around the two major workout days. Interval work is suggested on either Tuesday or Wednesday, and similarly, long runs are suggested on either Saturday and Sunday. There is no correct day to do any specific workout, the thing that does need to be considered is rest, you should always have 2-3 days of rest between hard efforts, without exception. At some point this season due to travel, work, injury or life you will be tempted to try and "catch up", this notion should be avoided at all cost, if you miss a workout or run, it is always best to wait for the next workout day even if you take an extra day or two of down time.

① **MAKE IT  
YOUR PLAN**

② **BUILD  
YOUR  
ROUTINE**

③ **PRIORITIZE  
REST &  
RECOVERY**

# BREAKING 3 HOURS

40 -55 MILES PER WEEK

WEEK	MONDAY	TUESDAY OR WEDNESDAY	THURSDAY	FRIDAY	SATURDAY OR SUNDAY	MILES		
7/17-7/23	30-40 min steady & 8x 100m accelerations	4-6x 800m, 2x400m with 800m repeats starting at HM pace & 400m repeats at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	8-10 miles steady	30-40 min steady or OFF	35
7/24-7/30	30-40 min steady & 8x 100m accelerations	10-14x 400m in a Tempo pace to Interval #2 pace progression with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	10-12 miles total: 4-6 mile steady followed by 2x 2 mile at HM pace with 3 min recovery, finish with 2 miles steady	30-40 min steady or OFF	35
7/31-8/6	30-40 min steady & 8x 100m accelerations	5-7x 1000m in a Tempo pace progression with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	14-16 miles total: 8-10 miles steady followed by 4 miles at Goal Marathon pace, finish with 2 miles steady	30-40 min steady or OFF	40
8/7-8/13	30-40 min steady & 8x 100m accelerations	4-5x 1200m, 4x400m with 1200m repeats at HM pace & 400m repeats at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	12-14 miles total: 6-8 miles steady followed by 4x 1 mile at Tempo pace progression with 90 sec recovery, finish with 2	30-40 min steady or OFF	40
8/14-8/20	30-40 min steady & 8x 100m accelerations	7-8x 800m in a Tempo pace progression with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	16-18 miles total: 10-12 miles steady followed by 2x 2 mile at HM pace with 90 sec recovery, finish with 2 miles steady	30-40 min steady or OFF	45
8/21-8/27	40-50 min steady & 8x 100m accelerations	14-16x 400m in an Interval #1 pace progression with 90 sec rest	30-40 min steady or OFF	50-60 min steady	30-40 min steady	14-16 miles total: 6-8 miles steady followed by 3 mile, 2 mile, 1 mile Tempo pace progression with a 90 sec recovery jog, finish	30-40 min steady or OFF	45
8/28-9/3	40-50 min steady & 8x 100m accelerations	8-10x 600m in an Interval #2 to Interval #1 pace progression with 2 min rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	18-20 miles total: 14-16 miles steady followed by 2x 1 mile at HM pace with a 90 sec recovery jog, finish with 2 miles steady	30-40 min steady or OFF	50
9/3-9/10	40-50 min steady & 8x 100m accelerations	5-7x 1000m in a Tempo pace progression with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	14-16 miles total: 6-8 miles steady followed by 2x 3 miles at Goal Marathon pace with a 2 min recovery jog, finish with 2	30-40 min steady or OFF	50
9/11-9/17	40-50 min steady & 8x 100m accelerations	20-24x 200m in an Interval #2 to Interval #1 pace progression with 60 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	14-16 miles total: 4-6 miles steady followed by 4x 2 mile Tempo pace progression with a 90 sec recovery jog, finish with 2	30-40 min steady or OFF	55
9/18-9/24	40-50 min steady & 8x 100m accelerations	7-8x 800m in a Tempo pace progression with 90 sec rest	30-40 min steady or OFF	OFF	40-50 min steady	20-22 miles total: 16-18 miles steady followed by 1x 2 mile Tempo pace progression with a 90 sec recovery jog, finish with 2	30-40 min steady or OFF	55
9/25-10/1	40-50 min steady & 8x 100m accelerations	4-5x 1200m, 4x400m with 1200m repeats at HM pace & 400m repeats at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	12-14 miles total: 8 miles steady with 4x 1 mile Tempo pace progression with a 90 sec recovery jog, finish with 2 miles	30-40 min steady or OFF	55
10/2-10/8	40-50 min steady & 8x 100m accelerations	5-7x 1000m at a Tempo pace progression with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	14-16 miles total: 2 miles steady followed by a 10-12 mile at Goal Marathon pace to HM pace progression, finish with 2 miles	30-40 min steady or OFF	55
10/9-10/15	40-50 min steady & 8x 100m accelerations	18-20x 400m in an Interval #2 to Interval #1 pace progression with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	18-20 miles total: 7-9 miles steady followed by 3x 3 mile Tempo pace progression with a 2 min recovery jog, finish with 2	30-40 min steady or OFF	55
10/16-10/22	40-50 min steady & 8x 100m accelerations	4-5x 1 Mile at a Tempo pace to interval #2 pace progression with 3 min rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	12-14 miles total: 6-8 miles steady with 2x 2 miles at Tempo pace progression with a 90 sec jog recovery, finish with 2 miles	30-40 min steady or OFF	55
10/23-10/29	40-50 min steady & 8x 100m accelerations	5-6x 1000m at a Tempo pace to Interval #1 pace progression with 3 min rest	30-40 min steady or OFF	30-40 min steady	40-50 min steady	8-10 miles steady taper week	30-40 min steady or OFF	45
10/30-11/5	40-50 min steady & 8x 100m accelerations	2x 1 mile, 2x 800m - Mile repeats at Goal Marathon pace and 800m repeats at HM pace with 90 sec rest	30-40 min steady or OFF	30-40 min steady	OFF	3 miles pre-race shakeout run	<b>NYCM</b>	

# BREAKING 3 HOURS

50-70 MILES PER WEEK

WEEK	MONDAY	TUESDAY OR WEDNESDAY	THURSDAY	FRIDAY	SATURDAY OR SUNDAY	MILES		
7/17-7/23	30-40 min steady & 8x 100m accelerations	4-6x 800m, 2x400m with 800m repeats starting at HM pace & 400m repeats at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	50-60 min steady	30-40 min steady	8-10 miles steady	30-40 min steady	45
7/24-7/30	30-40 min steady & 8x 100m accelerations	10-14x 400m in a Tempo pace to Interval #2 pace progression with 90 sec rest	30-40 min steady or OFF	50-60 min steady	30-40 min steady	10-12 miles total: 4-6 mile steady followed by 2x 2 mile at HM pace with 3 min recovery, finish with 2 miles steady	30-40 min steady	45
7/31-8/6	40-50 min steady & 8x 100m accelerations	5-7x 1000m in a Tempo pace progression with 90 sec rest	30-40 min steady or OFF	50-60 min steady	30-40 min steady	14-16 miles total: 8-10 miles steady followed by 4 miles at Goal Marathon pace, finish with 2 miles steady	30-40 min steady	50
8/7-8/13	40-50 min steady & 8x 100m accelerations	4-5x 1200m, 4x400m with 1200m repeats at HM pace & 400m repeats at Interval #1 pace with 90 sec rest	40-50 min steady or OFF	50-60 min steady	30-40 min steady	12-14 miles total: 6-8 miles steady followed by 4x 1 mile at Tempo pace progression with 90 sec recovery, finish with 2	30-40 min steady	50
8/14-8/20	50-60 min steady & 8x 100m accelerations	7-8x 800m in a Tempo pace progression with 90 sec rest	40-50 min steady or OFF	50-60 min steady	40-50 min steady	16-18 miles total: 10-12 miles steady followed by 2x 2 mile at HM pace with 90 sec recovery, finish with 2 miles steady	40-50 min steady	55
8/21-8/27	50-60 min steady & 8x 100m accelerations	14-16x 400m in an Interval #1 pace progression with 90 sec rest	40-50 min steady or OFF	50-60 min steady	40-50 min steady	14-16 miles total: 6-8 miles steady followed by 3 mile, 2 mile, 1 mile Tempo pace progression with a 90 sec recovery jog, finish	40-50 min steady	55
8/28-9/3	50-60 min steady & 8x 100m accelerations	8-10x 600m in an Interval #2 to Interval #1 pace progression with 2 min rest	40-50 min steady or OFF	50-60 min steady	40-50 min steady	18-20 miles total: 14-16 miles steady followed by 2x 1 mile at HM pace with a 90 sec recovery jog, finish with 2 miles steady	40-50 min steady	60
9/3-9/10	50-60 min steady & 8x 100m accelerations	5-7x 1000m in a Tempo pace progression with 90 sec rest	40-50 min steady or OFF	50-60 min steady	40-50 min steady	14-16 miles total: 6-8 miles steady followed by 2x 3 miles at Goal Marathon pace with a 2 min recovery jog, finish with 2	40-50 min steady	60
9/11-9/17	50-60 min steady & 8x 100m accelerations	20-24x 200m in an Interval #2 to Interval #1 pace progression with 60 sec rest	50-60 min steady or OFF	60-70 min steady	50-60 min steady	14-16 miles total: 4-6 miles steady followed by 4x 2 mile Tempo pace progression with a 90 sec recovery jog, finish with 2	50-60 min steady	65
9/18-9/24	50-60 min steady & 8x 100m accelerations	7-8x 800m in a Tempo pace progression with 90 sec rest	50-60 min steady or OFF	OFF	30-40 min steady	20-22 miles total: 16-18 miles steady followed by 1x 2 mile Tempo pace progression with a 90 sec recovery jog, finish with 2	50-60 min steady	65
9/25-10/1	50-60 min steady & 8x 100m accelerations	4-5x 1200m, 4x400m with 1200m repeats at HM pace & 400m repeats at Interval #1 pace with 90 sec rest	50-60 min steady or OFF	60-70 min steady	50-60 min steady	12-14 miles total: 8 miles steady with 4x 1 mile Tempo pace progression with a 90 sec recovery jog, finish with 2 miles	50-60 min steady	70
10/2-10/8	50-60 min steady & 8x 100m accelerations	5-7x 1000m at a Tempo pace progression with 90 sec rest	50-60 min steady or OFF	60-70 min steady	50-60 min steady	14-16 miles total: 2 miles steady followed by a 10-12 mile at Goal Marathon pace to HM pace progression, finish with 2 miles	50-60 min steady	70
10/9-10/15	50-60 min steady & 8x 100m accelerations	18-20x 400m in an Interval #2 to Interval #1 pace progression with 90 sec rest	50-60 min steady or OFF	60-70 min steady	50-60 min steady	18-20 miles total: 7-9 miles steady followed by 3x 3 mile Tempo pace progression with a 2 min recovery jog, finish with 2	50-60 min steady	70
10/16-10/22	50-60 min steady & 8x 100m accelerations	4-5x 1 Mile at a Tempo pace to interval #2 pace progression with 3 min rest	50-60 min steady or OFF	50-60 min steady	50-60 min steady	12-14 miles total: 6-8 miles steady with 2x 2 miles at Tempo pace progression with a 90 sec jog recovery, finish with 2 miles	50-60 min steady	65
10/23-10/29	50-60 min steady & 8x 100m accelerations	5-6x 1000m at a Tempo pace to Interval #1 pace progression with 3 min rest	40-50 min steady or OFF	50-60 min steady	40-50 min steady	8-10 miles steady taper week	40-50 min steady	55
10/30-11/5	50-60 min steady & 8x 100m accelerations	2x 1 mile, 2x 800m - Mile repeats at Goal Marathon pace and 800m repeats at HM pace with 90 sec rest	40-50 min steady or OFF	50-60 min steady	OFF	3 miles pre-race shakeout run	<b>NYCM</b>	

# BREAKING 3 HOURS

TIME BASED

WEEK	MONDAY	TUESDAY OR WEDNESDAY		THURSDAY	FRIDAY	SATURDAY OR SUNDAY		MILES
7/17-7/23	30-40 min steady & 8x 100m accelerations	4-6x 3 min, 2x 90 sec progressive on the 3 min repeats starting at HM pace & 90 sec repeats at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	70 min steady	30-40 min steady or OFF	35
7/24-7/30	30-40 min steady & 8x 100m accelerations	10-14x 90 sec progressive starting at HM pace working down to Interval #2 pace with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	70-90 min total: 30-40 min steady followed by 2x 12 in at HM pace with 3 min recovery, finish with 15 min steady	30-40 min steady or OFF	35
7/31-8/6	30-40 min steady & 8x 100m accelerations	5-7x 4 min progressive starting at HM pace with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	100-120 min total: 55-70 min steady followed by 24 min Tempo pace progression, finish with 15 min steady	30-40 min steady or OFF	40
8/7-8/13	30-40 min steady & 8x 100m accelerations	4-5x 5 min, 4x 90 sec with 5 min repeats at HM pace & 90 sec repeats at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	80-100 min total: 45-55 min steady followed by 4x 6 min at Tempo pace progression with 90 sec recovery, finish with 15	30-40 min steady or OFF	40
8/14-8/20	30-40 min steady & 8x 100m accelerations	7-8x 3 min progressive starting at HM pace with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	110-125 min total: 70-80 min steady followed by 2x 12 min at HM pace with 90 sec recovery, finish with 15 min steady	30-40 min steady or OFF	45
8/21-8/27	40-50 min steady & 8x 100m accelerations	14-16x 90 sec progressive starting at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	50-60 min steady	30-40 min steady	100-120 min total: 55-70 min steady followed by 1x 16 min, 12 min, 8 min at HM pace progression with a 90 sec	30-40 min steady or OFF	45
8/28-9/3	40-50 min steady & 8x 100m accelerations	8-10x 2 min progressive starting at Interval #2 pace and working down to Interval #1 pace with 2 min rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	120-130 min total: 90-105 min steady followed by 2x 6 min at Tempo pace progression with a 90 sec recovery jog, finish with	30-40 min steady or OFF	50
9/3-9/10	40-50 min steady & 8x 100m accelerations	5-7x 4 min progressive starting at HM pace with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	100-120 min total: 55-70 min steady followed by 2x 20 min at Goal Marathon pace with a 2 min recovery jog, finish with 15	30-40 min steady or OFF	50
9/11-9/17	40-50 min steady & 8x 100m accelerations	20-24x 45 sec progressive starting at Interval #2 pace and dropping to Interval #1 pace with 60 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	100-120 min total: 30-40 min steady followed by 4x 12 min at HM pace progression with a 90 sec recovery jog, finish with 15	30-40 min steady or OFF	55
9/18-9/24	40-50 min steady & 8x 100m accelerations	7-8x 3 min progressive starting at HM pace with 90 sec rest	30-40 min steady or OFF	OFF	40-50 min steady	130-140 min total: 110-120 min steady followed by 1x 12 min at HM pace with a 90 sec recovery jog, finish with 15 min steady	30-40 min steady or OFF	55
9/25-10/1	40-50 min steady & 8x 100m accelerations	4-5x 5 min, 4x 90 sec with 5 min repeats at HM pace & 90 sec repeats at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	90-100 min total: 60 min steady with 4x 6 min at Tempo pace progression with a 90 sec recovery jog, finish with 15 min	30-40 min steady or OFF	55
10/2-10/8	40-50 min steady & 8x 100m accelerations	5-7x 4 min progressive starting at HM pace with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	100-120 min total: 15 min steady followed by a 65-75 min at Goal Marathon to HM pace progression, finish with 15 min	30-40 min steady or OFF	55
10/9-10/15	40-50 min steady & 8x 100m accelerations	18-20x 90 sec progressive at Interval #2 pace and dropping to Interval #1 pace with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	120-130 min total: 55-65 min steady followed by 3x 20 min at HM Pace progression with a 2 min recovery jog, finish with 15	30-40 min steady or OFF	55
10/16-10/22	40-50 min steady & 8x 100m accelerations	4-5x 6 min progressive starting at HM pace and dropping to Interval #2 pace with 3 min rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	80-90 min total: 45-55 min steady with 2x 12 min miles at HM pace progression with a 90 sec jog recovery, finish with 15	30-40 min steady or OFF	55
10/23-10/29	40-50 min steady & 8x 100m accelerations	5-6x 4 min progressive starting at HM pace and dropping to Interval #1 pace with 3 min rest	30-40 min steady or OFF	30-40 min steady	40-50 min steady	60 -70 min steady taper week	30-40 min steady or OFF	45
10/30-11/5	40-50 min steady & 8x 100m accelerations	2x 6 min, 2x 3 min - 6 min repeats at Goal Marathon pace and 3 min repeats at HM pace with 90 sec rest	30-40 min steady or OFF	30-40 min steady	OFF	20 min pre-race shakeout run	<b>NYCM</b>	

# BREAKING 3:30 HOURS

40-55 MILES PER WEEK

WEEK	MONDAY	TUESDAY OR WEDNESDAY	THURSDAY	FRIDAY	SATURDAY OR SUNDAY	MILES		
7/17-7/23	30-40 min steady & 8x 100m accelerations	4-6x 800m, 2x400m with 800m repeats starting at HM pace & 400m repeats at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	8-10 miles steady	30-40 min steady or OFF	35
7/24-7/30	30-40 min steady & 8x 100m accelerations	10-14x 400m in a Tempo pace to Interval #2 pace progression with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	10-12 miles total: 4-6 mile steady followed by 2x 2 mile at HM pace with 3 min recovery, finish with 2 miles steady	30-40 min steady or OFF	35
7/31-8/6	30-40 min steady & 8x 100m accelerations	5-7x 1000m in a Tempo pace progression with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	14-16 miles total: 8-10 miles steady followed by 4 miles at Goal Marathon pace, finish with 2 miles steady	30-40 min steady or OFF	40
8/7-8/13	30-40 min steady & 8x 100m accelerations	4-5x 1200m, 4x400m with 1200m repeats at HM pace & 400m repeats at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	12-14 miles total: 6-8 miles steady followed by 4x 1 mile at Tempo pace progression with 90 sec recovery, finish with 2	30-40 min steady or OFF	40
8/14-8/20	30-40 min steady & 8x 100m accelerations	7-8x 800m in a Tempo pace progression with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	16-18 miles total: 10-12 miles steady followed by 2x 2 mile at HM pace with 90 sec recovery, finish with 2 miles steady	30-40 min steady or OFF	45
8/21-8/27	40-50 min steady & 8x 100m accelerations	14-16x 400m in an Interval #1 pace progression with 90 sec rest	30-40 min steady or OFF	50-60 min steady	30-40 min steady	14-16 miles total: 6-8 miles steady followed by 3 mile, 2 mile, 1 mile Tempo pace progression with a 90 sec recovery jog, finish	30-40 min steady or OFF	45
8/28-9/3	40-50 min steady & 8x 100m accelerations	8-10x 600m in an Interval #2 to Interval #1 pace progression with 2 min rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	18-20 miles total: 14-16 miles steady followed by 2x 1 mile at HM pace with a 90 sec recovery jog, finish with 2 miles steady	30-40 min steady or OFF	50
9/3-9/10	40-50 min steady & 8x 100m accelerations	5-7x 1000m in a Tempo pace progression with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	14-16 miles total: 6-8 miles steady followed by 2x 3 miles at Goal Marathon pace with a 2 min recovery jog, finish with 2	30-40 min steady or OFF	50
9/11-9/17	40-50 min steady & 8x 100m accelerations	20-24x 200m in an Interval #2 to Interval #1 pace progression with 60 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	14-16 miles total: 4-6 miles steady followed by 4x 2 mile Tempo pace progression with a 90 sec recovery jog, finish with 2	30-40 min steady or OFF	55
9/18-9/24	40-50 min steady & 8x 100m accelerations	7-8x 800m in a Tempo pace progression with 90 sec rest	30-40 min steady or OFF	OFF	40-50 min steady	20-22 miles total: 16-18 miles steady followed by 1x 2 mile Tempo pace progression with a 90 sec recovery jog, finish with 2	30-40 min steady or OFF	55
9/25-10/1	40-50 min steady & 8x 100m accelerations	4-5x 1200m, 4x400m with 1200m repeats at HM pace & 400m repeats at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	12-14 miles total: 8 miles steady with 4x 1 mile Tempo pace progression with a 90 sec recovery jog, finish with 2 miles	30-40 min steady or OFF	55
10/2-10/8	40-50 min steady & 8x 100m accelerations	5-7x 1000m at a Tempo pace progression with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	14-16 miles total: 2 miles steady followed by a 10-12 mile at Goal Marathon pace to HM pace progression, finish with 2 miles	30-40 min steady or OFF	55
10/9-10/15	40-50 min steady & 8x 100m accelerations	18-20x 400m in an Interval #2 to Interval #1 pace progression with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	18-20 miles total: 7-9 miles steady followed by 3x 3 mile Tempo pace progression with a 2 min recovery jog, finish with 2	30-40 min steady or OFF	55
10/16-10/22	40-50 min steady & 8x 100m accelerations	4-5x 1 Mile at a Tempo pace to interval #2 pace progression with 3 min rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	12-14 miles total: 6-8 miles steady with 2x 2 miles at Tempo pace progression with a 90 sec jog recovery, finish with 2 miles	30-40 min steady or OFF	55
10/23-10/29	40-50 min steady & 8x 100m accelerations	5-6x 1000m at a Tempo pace to Interval #1 pace progression with 3 min rest	30-40 min steady or OFF	30-40 min steady	40-50 min steady	8-10 miles steady taper week	30-40 min steady or OFF	45
10/30-11/5	40-50 min steady & 8x 100m accelerations	2x 1 mile, 2x 800m - Mile repeats at Goal Marathon pace and 800m repeats at HM pace with 90 sec rest	30-40 min steady or OFF	30-40 min steady	OFF	3 miles pre-race shakeout run	<b>NYCM</b>	

# BREAKING 3:30 HOURS

50-70 MILES PER WEEK

WEEK	MONDAY	TUESDAY OR WEDNESDAY	THURSDAY	FRIDAY	SATURDAY OR SUNDAY	MILES		
7/17-7/23	30-40 min steady & 8x 100m accelerations	4-6x 800m, 2x400m with 800m repeats starting at HM pace & 400m repeats at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	50-60 min steady	30-40 min steady	8-10 miles steady	30-40 min steady	45
7/24-7/30	30-40 min steady & 8x 100m accelerations	10-14x 400m in a Tempo pace to Interval #2 pace progression with 90 sec rest	30-40 min steady or OFF	50-60 min steady	30-40 min steady	10-12 miles total: 4-6 mile steady followed by 2x 2 mile at HM pace with 3 min recovery, finish with 2 miles steady	30-40 min steady	45
7/31-8/6	40-50 min steady & 8x 100m accelerations	5-7x 1000m in a Tempo pace progression with 90 sec rest	30-40 min steady or OFF	50-60 min steady	30-40 min steady	14-16 miles total: 8-10 miles steady followed by 4 miles at Goal Marathon pace, finish with 2 miles steady	30-40 min steady	50
8/7-8/13	40-50 min steady & 8x 100m accelerations	4-5x 1200m, 4x400m with 1200m repeats at HM pace & 400m repeats at Interval #1 pace with 90 sec rest	40-50 min steady or OFF	50-60 min steady	30-40 min steady	12-14 miles total: 6-8 miles steady followed by 4x 1 mile at Tempo pace progression with 90 sec recovery, finish with 2	30-40 min steady	50
8/14-8/20	50-60 min steady & 8x 100m accelerations	7-8x 800m in a Tempo pace progression with 90 sec rest	40-50 min steady or OFF	50-60 min steady	40-50 min steady	16-18 miles total: 10-12 miles steady followed by 2x 2 mile at HM pace with 90 sec recovery, finish with 2 miles steady	40-50 min steady	55
8/21-8/27	50-60 min steady & 8x 100m accelerations	14-16x 400m in an Interval #1 pace progression with 90 sec rest	40-50 min steady or OFF	50-60 min steady	40-50 min steady	14-16 miles total: 6-8 miles steady followed by 3 mile, 2 mile, 1 mile Tempo pace progression with a 90 sec recovery jog, finish	40-50 min steady	55
8/28-9/3	50-60 min steady & 8x 100m accelerations	8-10x 600m in an Interval #2 to Interval #1 pace progression with 2 min rest	40-50 min steady or OFF	50-60 min steady	40-50 min steady	18-20 miles total: 14-16 miles steady followed by 2x 1 mile at HM pace with a 90 sec recovery jog, finish with 2 miles steady	40-50 min steady	60
9/3-9/10	50-60 min steady & 8x 100m accelerations	5-7x 1000m in a Tempo pace progression with 90 sec rest	40-50 min steady or OFF	50-60 min steady	40-50 min steady	14-16 miles total: 6-8 miles steady followed by 2x 3 miles at Goal Marathon pace with a 2 min recovery jog, finish with 2	40-50 min steady	60
9/11-9/17	50-60 min steady & 8x 100m accelerations	20-24x 200m in an Interval #2 to Interval #1 pace progression with 60 sec rest	50-60 min steady or OFF	60-70 min steady	50-60 min steady	14-16 miles total: 4-6 miles steady followed by 4x 2 mile Tempo pace progression with a 90 sec recovery jog, finish with 2	50-60 min steady	65
9/18-9/24	50-60 min steady & 8x 100m accelerations	7-8x 800m in a Tempo pace progression with 90 sec rest	50-60 min steady or OFF	OFF	30-40 min steady	20-22 miles total: 16-18 miles steady followed by 1x 2 mile Tempo pace progression with a 90 sec recovery jog, finish with 2	50-60 min steady	65
9/25-10/1	50-60 min steady & 8x 100m accelerations	4-5x 1200m, 4x400m with 1200m repeats at HM pace & 400m repeats at Interval #1 pace with 90 sec rest	50-60 min steady or OFF	60-70 min steady	50-60 min steady	12-14 miles total: 8 miles steady with 4x 1 mile Tempo pace progression with a 90 sec recovery jog, finish with 2 miles	50-60 min steady	70
10/2-10/8	50-60 min steady & 8x 100m accelerations	5-7x 1000m at a Tempo pace progression with 90 sec rest	50-60 min steady or OFF	60-70 min steady	50-60 min steady	14-16 miles total: 2 miles steady followed by a 10-12 mile at Goal Marathon pace to HM pace progression, finish with 2 miles	50-60 min steady	70
10/9-10/15	50-60 min steady & 8x 100m accelerations	18-20x 400m in an Interval #2 to Interval #1 pace progression with 90 sec rest	50-60 min steady or OFF	60-70 min steady	50-60 min steady	18-20 miles total: 7-9 miles steady followed by 3x 3 mile Tempo pace progression with a 2 min recovery jog, finish with 2	50-60 min steady	70
10/16-10/22	50-60 min steady & 8x 100m accelerations	4-5x 1 Mile at a Tempo pace to interval #2 pace progression with 3 min rest	50-60 min steady or OFF	50-60 min steady	50-60 min steady	12-14 miles total: 6-8 miles steady with 2x 2 miles at Tempo pace progression with a 90 sec jog recovery, finish with 2 miles	50-60 min steady	65
10/23-10/29	50-60 min steady & 8x 100m accelerations	5-6x 1000m at a Tempo pace to Interval #1 pace progression with 3 min rest	40-50 min steady or OFF	50-60 min steady	40-50 min steady	8-10 miles steady taper week	40-50 min steady	55
10/30-11/5	50-60 min steady & 8x 100m accelerations	2x 1 mile, 2x 800m - Mile repeats at Goal Marathon pace and 800m repeats at HM pace with 90 sec rest	40-50 min steady or OFF	50-60 min steady	OFF	3 miles pre-race shakeout run	<b>NYCM</b>	

# BREAKING 3:30 HOURS

TIME BASED

WEEK	MONDAY	TUESDAY OR WEDNESDAY		THURSDAY	FRIDAY	SATURDAY OR SUNDAY		MILES
7/17-7/23	30-40 min steady & 8x 100m accelerations	4-6x 3 min, 2x 90 sec progressive on the 3 min repeats starting at HM pace & 90 sec repeats at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	70 min steady	30-40 min steady or OFF	35
7/24-7/30	30-40 min steady & 8x 100m accelerations	10-14x 90 sec progressive starting at HM pace working down to Interval #2 pace with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	70-90 min total: 30-40 min steady followed by 2x 12 in at HM pace with 3 min recovery, finish with 15 min steady	30-40 min steady or OFF	35
7/31-8/6	40-50 min steady & 8x 100m accelerations	5-7x 4 min progressive starting at HM pace with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	100-120 min total: 55-70 min steady followed by 24 min Tempo pace progression, finish with 15 min steady	30-40 min steady or OFF	40
8/7-8/13	40-50 min steady & 8x 100m accelerations	4-5x 5 min, 4x 90 sec with 5 min repeats at HM pace & 90 sec repeats at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	80-100 min total: 45-55 min steady followed by 4x 6 min at Tempo pace progression with 90 sec recovery, finish with 15	30-40 min steady or OFF	40
8/14-8/20	50-60 min steady & 8x 100m accelerations	7-8x 3 min progressive starting at HM pace with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	110-125 min total: 70-80 min steady followed by 2x 12 min at HM pace with 90 sec recovery, finish with 15 min steady	30-40 min steady or OFF	45
8/21-8/27	50-60 min steady & 8x 100m accelerations	14-16x 90 sec progressive starting at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	50-60 min steady	30-40 min steady	100-120 min total: 55-70 min steady followed by 1x 16 min, 12 min, 8 min at HM pace progression with a 90 sec	30-40 min steady or OFF	45
8/28-9/3	50-60 min steady & 8x 100m accelerations	8-10x 2 min progressive starting at Interval #2 pace and working down to Interval #1 pace with 2 min rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	120-130 min total: 90-105 min steady followed by 2x 6 min at Tempo pace progression with a 90 sec recovery jog, finish with	30-40 min steady or OFF	50
9/3-9/10	50-60 min steady & 8x 100m accelerations	5-7x 4 min progressive starting at HM pace with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	100-120 min total: 55-70 min steady followed by 2x 20 min at Goal Marathon pace with a 2 min recovery jog, finish with 15	30-40 min steady or OFF	50
9/11-9/17	50-60 min steady & 8x 100m accelerations	20-24x 45 sec progressive starting at Interval #2 pace and dropping to Interval #1 pace with 60 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	100-120 min total: 30-40 min steady followed by 4x 12 min at HM pace progression with a 90 sec recovery jog, finish with 15	30-40 min steady or OFF	55
9/18-9/24	50-60 min steady & 8x 100m accelerations	7-8x 3 min progressive starting at HM pace with 90 sec rest	30-40 min steady or OFF	OFF	40-50 min steady	130-140 min total: 110-120 min steady followed by 1x 12 min at HM pace with a 90 sec recovery jog, finish with 15 min steady	30-40 min steady or OFF	55
9/25-10/1	50-60 min steady & 8x 100m accelerations	4-5x 5 min, 4x 90 sec with 5 min repeats at HM pace & 90 sec repeats at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	90-100 min total: 60 min steady with 4x 6 min at Tempo pace progression with a 90 sec recovery jog, finish with 15 min	30-40 min steady or OFF	55
10/2-10/8	50-60 min steady & 8x 100m accelerations	5-7x 4 min progressive starting at HM pace with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	100-120 min total: 15 min steady followed by a 65-75 min at Goal Marathon to HM pace progression, finish with 15 min	30-40 min steady or OFF	55
10/9-10/15	50-60 min steady & 8x 100m accelerations	18-20x 90 sec progressive at Interval #2 pace and dropping to Interval #1 pace with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	120-130 min total: 55-65 min steady followed by 3x 20 min at HM Pace progression with a 2 min recovery jog, finish with 15	30-40 min steady or OFF	55
10/16-10/22	50-60 min steady & 8x 100m accelerations	4-5x 6 min progressive starting at HM pace and dropping to Interval #2 pace with 3 min rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	80-90 min total: 45-55 min steady with 2x 12 min miles at HM pace progression with a 90 sec jog recovery, finish with 15	30-40 min steady or OFF	55
10/23-10/29	50-60 min steady & 8x 100m accelerations	5-6x 4 min progressive starting at HM pace and dropping to Interval #1 pace with 3 min rest	30-40 min steady or OFF	30-40 min steady	40-50 min steady	60 -70 min steady taper week	30-40 min steady or OFF	45
10/30-11/5	50-60 min steady & 8x 100m accelerations	2x 6 min, 2x 3 min - 6 min repeats at Goal Marathon pace and 3 min repeats at HM pace with 90 sec rest	30-40 min steady or OFF	30-40 min steady	OFF	20 min pre-race shakeout run	<b>NYCM</b>	



# BREAKING 4:00 HOURS

TIME BASED

WEEK	MONDAY	TUESDAY OR WEDNESDAY		THURSDAY	FRIDAY	SATURDAY OR SUNDAY		MILES
7/17-7/23	30-40 min steady & 8x 100m accelerations	4-6x 3 min, 2x 90 sec progressive on the 3 min repeats starting at HM pace & 90 sec repeats at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	70 min steady	30-40 min steady or OFF	45
7/24-7/30	30-40 min steady & 8x 100m accelerations	10-14x 90 sec progressive starting at HM pace working down to Interval #2 pace with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	70-90 min total: 30-40 min steady followed by 2x 12 in at HM pace with 3 min recovery, finish with 15 min steady	30-40 min steady or OFF	45
7/31-8/6	30-40 min steady & 8x 100m accelerations	5-7x 4 min progressive starting at HM pace with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	100-120 min total: 55-70 min steady followed by 24 min Tempo pace progression, finish with 15 min steady	30-40 min steady or OFF	50
8/7-8/13	30-40 min steady & 8x 100m accelerations	4-5x 5 min, 4x 90 sec with 5 min repeats at HM pace & 90 sec repeats at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	80-100 min total: 45-55 min steady followed by 4x 6 min at Tempo pace progression with 90 sec recovery, finish with 15	30-40 min steady or OFF	50
8/14-8/20	30-40 min steady & 8x 100m accelerations	7-8x 3 min progressive starting at HM pace with 90 sec rest	30-40 min steady or OFF	40-50 min steady	30-40 min steady	110-125 min total: 70-80 min steady followed by 2x 12 min at HM pace with 90 sec recovery, finish with 15 min steady	30-40 min steady or OFF	55
8/21-8/27	40-50 min steady & 8x 100m accelerations	14-16x 90 sec progressive starting at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	50-60 min steady	30-40 min steady	100-120 min total: 55-70 min steady followed by 1x 16 min, 12 min, 8 min at HM pace progression with a 90 sec	30-40 min steady or OFF	55
8/28-9/3	40-50 min steady & 8x 100m accelerations	8-10x 2 min progressive starting at Interval #2 pace and working down to Interval #1 pace with 2 min rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	120-130 min total: 90-105 min steady followed by 2x 6 min at Tempo pace progression with a 90 sec recovery jog, finish with	30-40 min steady or OFF	60
9/3-9/10	40-50 min steady & 8x 100m accelerations	5-7x 4 min progressive starting at HM pace with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	100-120 min total: 55-70 min steady followed by 2x 20 min at Goal Marathon pace with a 2 min recovery jog, finish with 15	30-40 min steady or OFF	60
9/11-9/17	40-50 min steady & 8x 100m accelerations	20-24x 45 sec progressive starting at Interval #2 pace and dropping to Interval #1 pace with 60 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	100-120 min total: 30-40 min steady followed by 4x 12 min at HM pace progression with a 90 sec recovery jog, finish with 15	30-40 min steady or OFF	65
9/18-9/24	40-50 min steady & 8x 100m accelerations	7-8x 3 min progressive starting at HM pace with 90 sec rest	30-40 min steady or OFF	OFF	40-50 min steady	130-140 min total: 110-120 min steady followed by 1x 12 min at HM pace with a 90 sec recovery jog, finish with 15 min steady	30-40 min steady or OFF	65
9/25-10/1	40-50 min steady & 8x 100m accelerations	4-5x 5 min, 4x 90 sec with 5 min repeats at HM pace & 90 sec repeats at Interval #1 pace with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	90-100 min total: 60 min steady with 4x 6 min at Tempo pace progression with a 90 sec recovery jog, finish with 15 min	30-40 min steady or OFF	70
10/2-10/8	40-50 min steady & 8x 100m accelerations	5-7x 4 min progressive starting at HM pace with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	100-120 min total: 15 min steady followed by a 65-75 min at Goal Marathon to HM pace progression, finish with 15 min	30-40 min steady or OFF	70
10/9-10/15	40-50 min steady & 8x 100m accelerations	18-20x 90 sec progressive at Interval #2 pace and dropping to Interval #1 pace with 90 sec rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	120-130 min total: 55-65 min steady followed by 3x 20 min at HM Pace progression with a 2 min recovery jog, finish with 15	30-40 min steady or OFF	70
10/16-10/22	40-50 min steady & 8x 100m accelerations	4-5x 6 min progressive starting at HM pace and dropping to Interval #2 pace with 3 min rest	30-40 min steady or OFF	50-60 min steady	40-50 min steady	80-90 min total: 45-55 min steady with 2x 12 min miles at HM pace progression with a 90 sec jog recovery, finish with 15	30-40 min steady or OFF	65
10/23-10/29	40-50 min steady & 8x 100m accelerations	5-6x 4 min progressive starting at HM pace and dropping to Interval #1 pace with 3 min rest	30-40 min steady or OFF	30-40 min steady	40-50 min steady	60 -70 min steady taper week	30-40 min steady or OFF	55
10/30-11/5	40-50 min steady & 8x 100m accelerations	2x 6 min, 2x 3 min - 6 min repeats at Goal Marathon pace and 3 min repeats at HM pace with 90 sec rest	30-40 min steady or OFF	30-40 min steady	OFF	20 min pre-race shakeout run	<b>NYCM</b>	

# PROGRESSIVE PACES

Progressive Pace Ranges	Sub 2:45	Sub 3	Sub 3:15	Sub 3:30	Sub 3:45	Sub 4:00	Sub 4:15	Sub 4:30
Interval #1 Pace	4:50-5:20	5:15-5:35	5:45-6:05	6:20-6:40	6:55-7:15	7:30-7:50	7:55-8:15	8:30-8:50
Interval #2 Pace	5:20-5:40	5:40-6:00	6:10-6:30	6:45-7:05	7:25-7:45	8:00-8:20	8:20-8:40	8:50-9:10
Tempo Pace	5:40-6:00	6:00-6:20	6:30-6:50	7:05-7:25	7:45-8:05	8:25-8:45	8:45-9:10	9:10-9:30
HM Pace (HM)	5:55	6:30	7:00	7:35	8:10	8:45	9:10	9:30
Goal Race Pace (Marathon)	6:18	6:52	7:27	8:01	8:35	9:10	9:44	10:18

