

Training Plan: ADVANCED MARATHON

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- Week 1
 - Day 1: 5 miles steady
 - Day 2: Rest
 - Day 3: 4-5 mile easy jog
 - Day 4: Rest
 - Day 5: 4 mile tempo
 - Day 6: Rest
 - Day 7: 5-6 miles steady
- Week 2
 - Day 1: 3-4 miles easy or rest
 - Day 2: 4-5 miles fartlek
 - Day 3: Rest
 - Day 4: 5-6 miles steady or rest
 - Day 5: 4-5 mile tempo
 - Day 6: Rest
 - Day 7: 6-7 miles steady
- Week 3
 - Day 1: 3-4 miles easy or rest
 - Day 2: 4-5 miles fartlek
 - Day 3: Rest
 - Day 4: 4-5 mile tempo
 - Day 5: Rest
 - Day 6: Rest

- Day 7: 7-8 miles steady
- Week 4
 - Day 1: 3-4 miles easy or rest
 - Day 2: 5-6 miles fartlek
 - Day 3: Rest
 - Day 4: 8 × 800 m intervals
 - Day 5: 60 mins cross-train or rest
 - Day 6: Rest
 - Day 7: 8-9 miles steady
- Week 5
 - Day 1: Rest
 - Day 2: 5-6 miles fartlek
 - Day 3: Rest
 - Day 4: 5-6 mile tempo
 - Day 5: 60 mins cross-train or rest
 - Day 6: Rest
 - Day 7: 9-10 miles steady
- Week 6
 - Day 1: 4-5 miles easy or rest
 - Day 2: 4-5 mile tempo
 - Day 3: Rest
 - Day 4: 5 × 1 mile intervals
 - Day 5: 60-90 mins cross-train or rest
 - Day 6: Rest
 - Day 7: 10-11 miles steady
- Week 7
 - Day 1: 60 min cross-train or rest

- Day 2: 5-6 mile tempo
 - Day 3: Rest
 - Day 4: 8 × 800 m intervals
 - Day 5: 60 mins cross-train or rest
 - Day 6: Rest
 - Day 7: 12-13 miles steady
- Week 8
 - Day 1: 4-5 miles easy or rest
 - Day 2: 6-7 miles fartlek
 - Day 3: Rest
 - Day 4: 5 × 1 mile intervals
 - Day 5: 60-90 mins cross-train or rest
 - Day 6: Rest
 - Day 7: 13-14 miles steady
 - Week 9
 - Day 1: Rest
 - Day 2: 6-7 miles fartlek
 - Day 3: Rest
 - Day 4: 6 mile tempo
 - Day 5: Rest or 60-90 mins cross-train
 - Day 6: Rest
 - Day 7: 14-15 miles steady
 - Week 10
 - Day 1: 4-5 miles easy or rest
 - Day 2: 7-8 miles fartlek
 - Day 3: Rest
 - Day 4: 6 × 1 mile intervals

- Day 5: 60-90 mins cross-train or rest
- Day 6: Rest
- Day 7: 16-17 miles at marathon pace
- Week 11
 - Day 1: 4-5 miles easy or rest
 - Day 2: 7-8 miles fartlek
 - Day 3: Rest
 - Day 4: 6 mile tempo
 - Day 5: 60 mins cross-train or rest
 - Day 6: Rest
 - Day 7: 17-18 miles steady
- Week 12
 - Day 1: 3-4 miles easy or rest
 - Day 2: 7-8 miles fartlek
 - Day 3: Rest
 - Day 4: 6 × 1 mile intervals
 - Day 5: 60 mins cross-train or rest
 - Day 6: Rest
 - Day 7: 18-20 miles steady
- Week 13
 - Day 1: Rest
 - Day 2: 6-7 miles steady
 - Day 3: Rest
 - Day 4: 6 mile tempo
 - Day 5: Rest
 - Day 6: Rest
 - Day 7: 20-22 miles steady

- Week 14
 - Day 1: 3-4 miles easy or rest
 - Day 2: 6-7 miles steady
 - Day 3: Rest
 - Day 4: 8 × 800 m intervals
 - Day 5: Rest or 4-5 miles easy
 - Day 6: Rest
 - Day 7: 18-19 miles steady
- Week 15
 - Day 1: 3-4 miles easy or rest
 - Day 2: 5-6 miles tempo
 - Day 3: Rest
 - Day 4: 5 × 1 mile intervals
 - Day 5: Rest or 4-5 miles easy
 - Day 6: Rest
 - Day 7: 10-12 miles at marathon pace
- Week 16
 - Day 1: 3-4 miles easy or rest
 - Day 2: 3-4 miles easy
 - Day 3: Rest
 - Day 4: Gentle 2-3 miles or rest
 - Day 5: Rest
 - Day 6: Rest
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