

Pfitzinger 18/55

Week	Date	Workout	Distance (km)
13	Mon 23/09	Medium-long run 19.3 km	
	Tue 24/09	General aerobic 12.9 km	
	Wed 25/09	Rest or cross-training	
	Thu 26/09	VO ₂ max 14.5 km w/ 5 x 1,000 m @ 5K race pace; jog 50 to 90% interval time between	
	Fri 27/09	Recovery 8.0 km	
	Sat 28/09	Marathon-pace run 29.0 km w/ 22.5 km @ marathon race pace	
	Sun 29/09	Rest or cross-training	Distance: 83.7
—			-----
14	Mon 30/09	8K-15K tune-up race (total 9-13 mi/14-21 km)	
	Tue 01/10	VO ₂ max 12.9 km w/ 5 x 600 m @ 5K race pace; jog 50 to 90% interval time between	
	Wed 02/10	Rest or cross-training	
	Thu 03/10	Medium-long run 17.7 km	
	Fri 04/10	Recovery + speed 6.4 km w/ 6 x 100 m strides	
	Sat 05/10	Long run 27.4 km	
	Sun 06/10	Rest or cross-training	Distance: 78.9
—			-----
15	Mon 07/10	Medium-long run 17.7 km	
	Tue 08/10	Recovery + speed 11.3 km w/ 6 x 100 m strides	
	Wed 09/10	Rest or cross-training	
	Thu 10/10	VO ₂ max 16.1 km w/ 4 x 1,200 m @ 5K race pace; jog 50 to 90% interval time between	
	Fri 11/10	Recovery 6.4 km	
	Sat 12/10	Long run 32.2 km	
	Sun 13/10	Rest or cross-training	Distance: 83.7
—			-----
16	Mon 14/10	8K-10K tune-up race (total 9-11 mi/14-18 km)	
	Tue 15/10	Recovery 9.7 km	
	Wed 16/10	Rest or cross-training	
	Thu 17/10	VO ₂ max 12.9 km w/ 5 x 600 m @ 5K race pace; jog 50 to 90% interval time between	
	Fri 18/10	Recovery + speed 6.4 km w/ 6 x 100 m strides	
	Sat 19/10	Long run 25.7 km	
	Sun 20/10	Rest or cross-training	Distance: 69.2
—			-----
17	Mon 21/10	VO ₂ max 12.9 km w/ 3 x 1,600 m @ 5K race pace; jog 50 to 90% interval time between	
	Tue 22/10	General aerobic + speed 11.3 km w/ 8 x 100m strides	
	Wed 23/10	Rest or cross-training	
	Thu 24/10	Recovery + speed 8.0 km w/ 6 x 100 m strides	
	Fri 25/10	Rest or cross-training	
	Sat 26/10	Medium-long run 19.3 km	
	Sun 27/10	Rest or cross-training	Distance: 51.5
—			-----
18	Mon 28/10	Recovery 6.4 km	
	Tue 29/10	Recovery 9.7 km	
	Wed 30/10	Dress rehearsal 11.3 km w/ 3.2 km @ marathon race pace	
	Thu 31/10	Rest	
	Fri 01/11	Recovery + speed 8.0 km w/ 6 x 100 m strides	
	Sat 02/11	Rest	
	Sun 03/11	Plan Ends	Distance: 77.6
—			-----