



## 2009 Route 66 Marathon Advanced Training Schedule

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)	Total (miles)
1	6/7-6/13	off / X-train	3+2HS	4-8	off / X-train	4-7	off	7	18 to 25
2	6/14-6/20	off / X-train	3+4HS	4-8	off / X-train	4-7 S/T	off	7	18 to 25
3	6/21-6/27	off / X-train	3+6HS	4-8	off / X-train	4-7 S/T	off	8	19 to 26
4	6/28-7/4	off / X-train	3+8HS	3-6	off / X-train	4-7	off	8	18 to 24
5	7/5-7/11	off / X-train	4+8HS	4-8	off / X-train	4-7 S/T	off	9 ( <i>Poker Run</i> )	21 to 28
6	7/12-7/18	off / X-train	4+8HS	4-8	off / X-train	4-7 S/T	off	10	22 to 29
7	7/19-7/25	off / X-train	4-6	4-8	off / X-train	4-7	off	12	24 to 33
8	7/26-8/1	off / X-train	4+8HS	3-6	off / X-train	4-7 S/T	off	8 Pace	19 to 25
9	8/2-8/8	off / X-train	3-6 H	5-8	off / X-train	4-7 S/T	off	14	26 to 35
10	8/9-8/15	off / X-train	4-6	5-8	off / X-train	4-7	off	16	29 to 37
11	8/16-8/22	off / X-train	4+8HS	5-8	off / X-train	4-7 S/T	off	10 Pace	23 to 29
12	8/23-8/29	off / X-train	4-7 H	3-5	off / X-train	4-7 S/T	off	16 FF	27 to 35
13	8/30-9/5	off / X-train	4-7	4-8	off / X-train	4-7	off	18	30 to 40
14	9/6-9/12	off / X-train	4+8HS	5-8	off / X-train	4-8 S/T	off	12 Pace	25 to 32
15	9/13-9/19	off / X-train	4-6 H	5-8	off / X-train	4-8 S/T	off	18 FF	31 to 40
16	9/20-9/26	off / X-train	4-8	5-8	off / X-train	4-8	off	20	33 to 44
17	9/27-10/3	off / X-train	4+8HS	4-6	off / X-train	4-8 T	off	14 Pace	26 to 32
18	10/4-10/10	off / X-train	4-8 H	5-8	off / X-train	4-8	off	20 FF	33 to 44
19	10/11-10/17	off / X-train	3-6	6-9	off / X-train	4-9 Pace	off	22	35 to 46
20	10/18-10/24	off / X-train	4+8HS	6-9	off / X-train	4-9	off	16 Pace	30 to 38
21	10/25-10/31	off / X-train	4-8 H	5-6	off / X-train	4-5	off	10 ( <i>Tulsa Run</i> )	23 to 29
22	11/1-11/7	off / X-train	3-6	4-6	off / X-train	4-5	off	22 FF ( <i>Mock Marathon</i> )	33 to 39
23	11/8-11/14	off / X-train	3-6	3-6	off / X-train	3-6 Pace	off	10	19 to 28
24	11/15-11/21	off / X-train	3-6	3-6	off / X-train	3-5	off	0	9 to 17
25	11/22-11/28	<b>Route 66 Marathon</b>							

- Unless otherwise stated, Saturday long runs should be 60 to 90 seconds slower per mile than marathon pace.
- **FF** means fast finish. These runs will start at the usual long run pace, but the last third of the run will be run at a progressively faster pace, ending at marathon pace or maybe even quicker.
- **Pace** runs will start with a slow warm up mile, and the rest of the run will be at marathon goal pace.
- Midweek runs are usually at an easy pace, around 30 to 60 seconds per mile slower than marathon pace, unless they are tempo, speed, or hill workouts. Schedule for the type of workout is flexible, and will change based on how the runners are feeling.
- **Hill (H)** workouts either will be moderate running over a hilly course or will be hill repeats.
- **Hill Sprints (HS)** are short (8-12 second) high intensity efforts on a steep hill. We will run a few easy miles to warm up, and then do the hills, followed by an easy half-mile or so to cool down. 3+2HS means three miles warm up & cool down plus two hill sprints.
- **Tempo (T)** runs will consist of a ½ to 1 mile warm up, several miles at tempo pace, followed by ½ to 1 mile cool down. Pace should range from 10-15k race pace for shorter tempo runs to half marathon race pace or a little slower for longer tempo runs.
- **Speed (S)** work. A suggested format is to do ½ or 1-mile repeats. Pace should be between 5k and 10k race pace for mile repeats and about 5k race pace or slightly faster for half-mile repeats. Recovery time between intervals should be from ½ the interval time up to the interval time.
- Note: All paces should be adjusted for weather conditions (i.e., heat and humidity).