



TRAIL PURSUIT TRAINING PLAN: MARATHON

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	SPEED SESSION - Warm-up: 2 miles easy - 10x2 min fast, 1 min easy btwn reps - Cool down: 10-20 mins easy	STRENGTH SESSION	HILL SESSION - Warm-up: 2 miles easy, 30 mins hills: 90 secs uphill hard effort, recovery downhill - Cool down: 10-20 mins easy	5 MILES Easy	STRENGTH SESSION	10 MILES Easy
2	REST	SPEED SESSION - Warm-up: 2 miles easy - 10x2 min fast, 1 min easy btwn reps - Cool down: 10-20 mins easy	STRENGTH SESSION	HILL SESSION - Warm-up: 2 miles easy, 30 mins hills: 90 secs uphill hard effort, recovery downhill -Cool down: 10-20 mins easy	5 MILES Easy	STRENGTH SESSION	12 MILES Easy
3	REST	SPEED SESSION - Warm-up: 2 miles easy - 10x2 min fast, 1 min easy btwn reps -Cool down: 10-20 mins easy	STRENGTH SESSION	HILL SESSION - Warm-up: 2 miles easy, 30 mins hills: 90 secs uphill hard effort, recovery downhill -Cool down: 10-20 mins easy	6 MILES Easy	STRENGTH SESSION	13 MILES Easy
4	REST	SPEED SESSION - Warm-up: 2 miles easy - 10x2 min fast, 1 min easy btwn reps - Cool down: 10-20 mins easy	STRENGTH SESSION	HILL SESSION - Warm-up: 2 miles easy, 30 mins hills: 90 secs uphill hard effort, recovery downhill -Cool down: 10-20 mins easy	6 MILES Easy	STRENGTH SESSION	15 MILES Easy



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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	REST	6 MILES Easy	STRENGTH SESSION	6 MILES Easy	6 MILES Easy	STRENGTH SESSION	12 MILES Easy
6	REST	SPEED SESSION - Warm-up: 2 miles easy - 10x2 min fast, 1 min easy btwn reps - Cool down: 10-20 mins easy	STRENGTH SESSION	TEMPO SESSION - Warm-up: 2miles:25 mins at 10k pace -Cool down 2 miles	6 MILES Easy	STRENGTH SESSION	14 MILES Easy
7	REST	SPEED SESSION - Warm-up: 2 miles easy - 3x1 mile at 5k pace, with 3 mins easy btwn sets -Cool down: 2 mile recovery	5 MILES Easy	TEMPO SESSION - Warm-up: 2miles:25 mins at 10k pace -Cool down 2 miles	6 MILES Easy	STRENGTH SESSION	16 MILES Easy
8	REST	SPEED SESSION - Warm-up: 2 mile easy 3x800m at 5k pace, 3 mins easy between sets - Cool down 2 miles recovery	5 MILES Easy	TEMPO SESSION - Warm-up: 2miles:25 mins at 10k pace -Cool down 2 miles	6 MILES Easy	STRENGTH SESSION	20 MILES Easy

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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9	REST	SPEED SESSION - Warm-up: 2 miles easy - 10x2 min fast, 1 min easy btwn reps - Cool down: 10-20 mins easy	6 MILES Easy	TEMPO SESSION - Warm-up: 2miles:25 mins at 10k pace -Cool down 2 miles	6 MILES Easy	REST	18 MILES Easy
10	REST	SPEED SESSION - Warm-up: 2 miles easy - 3x1 mile at 5k pace, with 3 mins easy btwn sets -Cool down: 2 mile recovery	5 MILES Easy	TEMPO SESSION - Warm-up: 2miles:25 mins at 10k pace -Cool down 2 miles	6 MILES Easy	REST	12 MILES Easy
11	REST	SPEED SESSION - Warm-up: 2 miles easy 3x800m at 5k pace, 3mins easy between sets - Cool down 2 miles recovery	5 MILES Easy	TEMPO SESSION - Warm-up: 2miles:25 mins at 10k pace -Cool down 2 miles	6 MILES Easy	STRENGTH SESSION	10 MILES Easy
12	REST	SPEED SESSION - Warm-up: 2 miles easy - 10x2 min fast, 1 min easy btwn reps - Cool down: 10-20 mins easy	STRENGTH SESSION	5 MILES Easy	REST	RACE DAY!	REELAX!