

Steeplechasers Marathon Training Spring 2017

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b> 1/2/17 23-40 Miles		<b>6 Miles CP</b> (advanced 2-4 extra miles)	3-5 Mile CP	4-5 Miles CP	Rest	10 Miles CP	3-5 Miles RR Or Cross Train (advanced 6-10 miles)
<b>2</b> 1/9/17 24-41 Miles		<b>6 Mile CP</b> (advanced 2-4 extra miles)	3-5 Mile CP	4-5 Miles CP	Rest	11 Miles CP	3-5 Miles RR Or Cross Train (advanced 6-10 miles)
<b>3</b> 1/16/17 23-41 Miles		<b>6 Miles</b> (3@Tempo) (advanced 2-4 extra miles)	3-5 Mile CP	4-5 Miles CP	Rest	<b>LEWIS 10 Miler</b>	3-6 Miles RR Or Cross Train (advanced 7-11 miles)
<b>4</b> 1/23/17 27-46 Miles		<b>7 Miles</b> (4@Tempo) (advanced 3-5 extra miles)	3-5 Mile CP	2 Mile Warm Up 4x800 @5k 4x400 recovery jog	Rest	12 Miles	3-6 Miles RR Or Cross Train (advanced 7-11 miles)
<b>5</b> 1/30/17 30-49 Miles		<b>7-8 Miles</b> (4-5@Tempo) (advanced 3-5 extra miles)	3-5 Mile CP	2 Mile Warm Up 4x800 @5k 4x400 recovery jog	Rest	14 Miles CP	3-6 Miles RR Or Cross Train (advanced 7-11 miles)
<b>6</b> 2/6/17 31-51 Miles		<b>7-8 Miles</b> (4-5@Tempo) (advanced 3-5 extra miles)	3-5 Mile CP	2 Mile Warm Up 4x800 @5k 4x400 recovery jog	Rest	16 Miles w/4 @MP	3-6 Miles RR Or Cross Train (advanced 7-11 miles)
<b>7</b> 2/13/17 30-49 Miles		<b>7-8 Miles</b> (4-5@Tempo) (advanced 3-5 extra miles)	3-5 Mile CP	2 Mile Warm Up 6x800 @5k 6x400 recovery jog	Rest	14 Miles CP	3-6 Miles RR or Cross Train (advanced 7-11 miles)
<b>8</b> 2/20/17 26-34 Miles		<b>7-8 Miles</b> (4-5@Tempo) (advanced 3-5 extra miles)	3-5 Mile CP	6 Miles CP Last 4 @MP	Rest	Rest	<b>RRCA 10 MILE Challenge</b>
<b>9</b> 2/27/17 34-53 Miles	Optional 3 mile RR	<b>7-8 Miles</b> (4-5@Tempo) (advanced 3-5 extra miles)	3-5 Mile CP	2 Mile Warm Up 6x800 @5k 6x400 recovery jog	Rest	18 Miles CP	3-6 Miles RR or Cross Train (advanced 7-11 miles)
<b>10</b> 3/6/17 28-41 Miles		<b>7-8 Miles</b> (4-5@Tempo) (advanced 3-5 extra miles)	4-6 Mile CP	2 Mile Warm Up 6x800 @5k 6x400 recovery jog	Rest	<b>Needwood 5 Miler</b>	6 Miles RR (7-11 advanced) or 14 Miles if no NEEDWOOD
<b>11</b> 3/13/17 37-55 Miles		<b>7-8 Miles</b> (4-5@Tempo) (advanced 3-5 extra miles)	4-6 Mile CP	2 Mile Warm Up 6x800 @5k 6x400 recovery jog	Rest	20 Miles CP	3-6 Miles RR or Cross Train (advanced 6-10 miles)
<b>12</b> 3/20/17 32-51 Miles		<b>7-8 Miles CP</b> (advanced 2-4 extra miles)	4-6 Mile CP	7 Miles (4@Tempo)	Rest	14 Miles CP (Last 5 MP)	3-6 Miles RR or Cross Train (advanced 7-11 miles)
<b>13</b> 3/27/17 38-55 Miles		<b>7-8 Miles</b> (4-5@Tempo) (advanced 2-4 extra miles)	4-6 Mile CP	7 Miles CP	Rest	20 Miles (Last 5 MP option)	3-6 Miles RR Or Cross Train (advanced 6-10 miles)
<b>14</b> 4/3/17 32-46 Miles		<b>7-8 Miles</b> (4@Tempo)	4-6 Mile CP	7 Miles CP	Rest	14 Miles CP (Last 5 MP)	3-6 Miles RR Or Cross Train (advanced 6-10 miles)
<b>15</b> 4/10/17 24-32		<b>6 Miles CP</b> (last 3 @MP)	4-6 Mile CP	6 Miles (3 @ Tempo)	Rest	8 Miles CP	3-6 Miles RR Or Cross Train
<b>16</b> 4/17/17		3 Miles CP	Rest	2 Miles CP	Rest	Rest	<b>4/23 Gettysburg North/South Marathon</b>

CP=Conversation Pace, MP= Marathon Pace, HMP=Half Marathon Pace, Tempo=1 hour max pace, RR=Recovery Run  
MCM=Marine Corps, **HIGHLIGHTED=Group Run**, **HIGHLIGHTED=Training Race**, **HIGHLIGHTED=Goal Race**  
You may run Hill Repeats or Fartleks in place of the Thursday intervals. Intervals will be explained before starting.