

FUREY 26.2

MARATHON TRAINING

NYC 18 week plan

Program 7: Elite

5 days of running per week

2 days of strength training

1 day of non-impact cardio cross training

Ideal for runners with 2+ years of experience who can train daily, like intensity, and are highly motivated

	MONDAY Steady pace	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Long run	SUNDAY
Week 1 - 7/1	8 SP	8 SP & ST	8 SP	7 SP & ST	Easy 7	12	XT
Week 2 - 7/8	7 IY (5)	8 SP & ST	8 SP	7 SP & ST	Easy 6	10-12	XT
Week 3 - 7/15	7 IRM (3)	8 SP & ST	8 SP	8 SP & ST	Easy 8	12-14	XT
Week 4 - 7/22	8 IY (6)	8 SP & ST	8 HI	8 SP & ST	Easy 6	12	XT
Week 5 - 7/29	8 IRM (4)	8 SP & ST	8 HI	9 SP & ST	Easy 8	14	XT
Week 6 - 8/5	8 IY (7)	8 SP & ST	9 HI	9 SP & ST	Easy 6	16	XT
Week 7 - 8/12	8 IRM (5)	8 SP & ST	9 HI	10 SP & ST	Easy 8	12	XT
Week 8 - 8/19	9 IY (8)	8 SP & ST	10 HI	10 SP & ST	Easy 6	16-18	XT
Week 9 - 8/26	9 IRM (6)	8 SP & ST	10 HI	10 SP & ST	Easy 8	12-14	XT
Week 10 - 9/2	9 IY (9)	8 SP & ST	10 HI	10 SP & ST	Easy 5	18-20	XT
Week 11 - 9/9	10 IRM (6)	8 SP & ST	10 HI	10 SP & ST	Easy 10	12-14	XT
Week 12 - 9/16	10 IY (10)	8 SP & ST	10 HI	10 SP & ST	Easy 4	20+	XT
Week 13 - 9/23	10 IRM (6)	8 SP & ST	10 HI	10 SP & ST	Easy 8	12	XT
Week 14 - 9/30	10 IY (10)	8 SP & ST	10 HI	10 SP & ST	Easy 6	22	XT
Week 15 - 10/7	10 IRM (5)	8 SP & ST	10 HI	8 SP & ST	Easy 4	14-16	XT
Week 16 - 10/14	8 IY (8)	8 SP & ST	9 HI	8 SP & ST	Easy 6	10-12	XT
Week 17 - 10/21	6 IY (4)	6 SP & ST	6 HI	8 SP & ST	Easy 7	8 - 10	XT
Week 18 - 10/28	SP	ST/XT	4 - 6	ST	3-4	2-3	RACE DAY

Hill Intervals start week 7

IY(#): 800m lasso intervals, (#) indicates how many intervals

XT: Cross Train - Non-impact cardio - See training guide on furey262.com

ST: Strength Train - See training guide on furey262.com

HI: Hill Intervals Find more info/schedule on furey262.com

SP: Steady Pace

T: Tempo run - 20 minutes of a hard pace in the middle of run

Highest Weekly Mileage: 64+