Philadelphia Marathon Training

This plan picks up the day after the Wineglass Marathon and takes me through to the Philadelphia Marathon in November. The items in bold were spots when the program called for cross train or rest, and the two 5K races are local races that I always run with my family.

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5 *miles: 22*	**Rest**	Recovery 5 miles	**Spinning Pilates Bodypump**	**Rest**	Recovery 5 miles	Recovery 5 Miles	Recovery 7 miles
Week 4 *miles: 27*	**Pilates Bodypump**	Recovery 5 miles	**Spinning Pilates Bodypump**	Recovery 6 miles	Recovery 5 miles	8 mile run	**5K Race**
Week 3 *miles: 41*	**Pilates Bodypump**	General Aerobic 8 mi	**Spinning Pilates Bodypump**	**Rest**	General Aerobic + Speed 8 mi w/ 8x100 m strides	20 mile run	Recovery 5 miles
Week 2 *miles: 46*	**Pilates Bodypump**	Medium Long run 11 mi	**Spinning Pilates Bodypump**	Recovery + speed 6 mi w/ 6x100 m strides	Recovery 5 miles	10K solo "race"	18 mile run
Week 1 *miles: 36*	**Pilates Bodypump**	**Easy Run** 6 miles + 4x20 second strides	**Spinning Pilates Bodypump**	VO2 Max 9 mi w/ 3x1600 m @ 5K race pace, jog 50% interval time between	Recovery 5 miles	**5K Race**	13 mile run
Race Week *miles: 18*	**Pilates Bodypump**	7 miles w/ 2 miles @ MP	**Spinning Pilates Bodypump**	Recovery + speed 5 mi w/ 6x100 m strides	Recovery 4 miles	Travel Day 2 mile shake out run	Philadelphia Marathon

Definitions

Recovery Run: Purpose is to help you recover from your last hard workout so you are ready for your next hard workout. This type of run improves blood flow in muscles, repairs damaged muscle cells, removes waste products and brings nutrients to muscles. However, if you run them too fast, you won't see these benefits.

Long Run Pace: 10 to 20 percent slower than your goal marathon pace, or 74-84 percent of max HR if you use a HR monitor.

General Aerobic Run: standard, moderate effort run of up to 10 miles. Faster than lactate-threshold and slower than medium long runs. The point of these is to enhance overall conditioning. Typically run at 15-25% slower than GMP