

Training Plan - Pete Pfitzinger - Marathon 55 Mi 18 Wk

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL
1	Rest	7 Mi w/ 10x100m	Rest	9 Mi	Rest	4 Mi	12 Mi	32 Mi
2	Rest	8 Mi w/ 10x100m	Rest	10 Mi	Rest	5 Mi	13 Mi	36 Mi
3	Rest	8 Mi w/ 4 Mi	4 Mi	10 Mi	Rest	4 Mi	14 Mi	40 Mi
4	Rest	8 Mi w/ 10x100m	5 Mi	10 Mi	Rest	4 Mi	15 Mi	42 Mi
5	Rest	9 Mi w/ 4 Mi	5 Mi	10 Mi	Rest	5 Mi	17 Mi	46 Mi
6	Rest	8 Mi w/ 8x100m	5 Mi	8 Mi	Rest	4 Mi	12 Mi	37 Mi
7	Rest	10 Mi w/ 5 Mi	4 Mi	11 Mi	Rest	7 Mi w/ 8x100m	18 Mi	50 Mi
8	Rest	6 Mi w/ 6x100m	12 Mi	Rest	11 Mi w/ 6Mi	5 Mi	20 Mi	54 Mi
9	Rest	6 Mi	14 Mi	6 Mi	Rest	6 Mi w/ 6x100m	15 Mi w/ 12 Mi	47 Mi
10	Rest	8 Mi	8 Mi w/ 5x600m	5 Mi	Rest	8 Mi w/ 8x100m	14 Mi	43 Mi
11	Rest	6 Mi w/ 6x100m	12 Mi w/ 7 Mi pace	Rest	12 Mi	5 Mi	20 Mi	55 Mi
12	Rest	8 Mi w/ 5x600m	11 Mi	Rest	4 Mi w/ 6x100m	8-15K race	17 Mi	50 Mi
13	Rest	8 Mi	9 Mi w/ 5x1000m	Rest	12 Mi	5 Mi	17 Mi w/14 Mi	51 Mi
14	Rest	8 Mi w/ 5x600m	11 Mi	Rest	4 Mi w/ 6x100m	8-15K race	17 Mi	50 Mi
15	Rest	5 Mi w/ 6x100m	10 Mi w/ 4x1200m	Rest	10 Mi	4 Mi	20 Mi	49 Mi
16	Rest	8 Mi w/ 5x600m	5 Mi	Rest	4 Mi w/ 6x100m	8-10K race	16 Mi	43 Mi
17	Rest	7 Mi w/ 8x100m	8 Mi w/ 3x1600m	Rest	5 Mi w/ 6x100m	Rest	12 Mi	32 Mi
18	Rest	6 Mi	7 Mi w/ 2 Mi pace	Rest	5 Mi w/ 6x100m	4 Mi	Goal Marathon	48.2 Mi