Breeze Plan – Peak mileage of 65 or 80 km/wk – 12-week version

Phase	Week	Primary workout	Secondary workout	Weekend workout	Weekly mileage	
					Breeze 65	Breeze 80
General	**1**	8 km Kenyan-style progression run	7–8 km at 85% 5k	19–21 km easy through hills	50 km	60 km
	2	8 km Kenyan-style progression run	6–7 × 3 min at 90% 5k w/ 1 min jog	16–18 km at 70–75% 5k	53	67
	3	10 km at 85% 5k	2 sets of: (6 × 500m at 95% 5k w/ 30 sec walk); 4 min walk between sets	22–24 km easy through hills	56	72
	4 ◆	7–8 × 3 min at 90% 5k w/ 45 sec jog	8 × 2 min at 100% 5k w/ 1.5 min jog	18–21 km at 70–75% 5k	60	76
	5	6–7 × 1 km at 95% 5k w/ 2 min jog	4–5 × 5 min at 90–92% 5k w/ 1 min jog	26–28 km through hills	65	80
	6	3 × (3 min at 100% 5k, 1.5 min jog, 2 min at 102% 5k, 3 min jog)	5 sets of: 1200m at 90–92% 5k, 400m at 75% 5k	12 km at 85% 5k	65	80
Convert fitness estimate to marathon pace (% MP)						
Marathon-supportive	**7** ◆	4 × 1.5 km at 108–110% MP w/ 3–4 min jog	–	26 km at 90–92% MP	65	80
	8	15 km at 100% MP	–	9–10 × (1 km at 100% MP, 1 km at 85% MP)	65	80
	9 ◆	6 × (1 km at 105% MP, 1 km at 80% MP)	–	8 km at 88%, 8 km at 90%, 8 km at 92%, 5–7 km at 95% MP	65	80
Marathon-specific	**10** ◆	2 × (2 km, 1 km) at 108%, 112% MP w/ 3, 4 min jog		7 × (2 km at 100% MP, 1 km at 85% MP)	55–65	65–72
	11	5 × (1 km at 103% MP, 1 km at 85% MP)	–	3–4 × 3 km at 100% MP w/ 2–3 min jog	55–65	65–72
	12	5–6 × 3 min at 103–106% MP w/ 1 min jog	–	**Marathon**	*n/a*	*n/a*

◆ Revise your current fitness estimate at the end of these weeks