# Breeze Plan – Peak mileage of 40 or 50 mi/wk – 12-week version

| Phase | Week | Primary workout | Secondary workout | Weekend workout | Weekly mileage | |
|---|---|---|---|---|---|---|
| | | | | | Breeze 40 | Breeze 50 |
| General | **1** | 5 mi Kenyan-style progression run | 4–5 mi at 85% 5k | 12–13 mi easy through hills | 30 mi | 38 mi |
| | **2** | 5 mi Kenyan-style progression run | 6–7 × 3 min at 90% 5k w/ 1 min jog | 10–11 mi at 70–75% 5k | 33 | 42 |
| | **3** | 6 mi at 85% 5k | 2 sets of: (6 × 500m at 95% 5k w/ 30 sec walk); 4 min walk between sets | 14–15 mi easy through hills | 35 | 45 |
| | **4** ◆ | 7–8 × 3 min at 90% 5k w/ 45 sec jog | 8 × 2 min at 100% 5k w/ 1.5 min jog | 12–13 mi at 70–75% 5k | 37 | 47 |
| | **5** | 6–7 × 1 km at 95% 5k w/ 2 min jog | 4–5 × 5 min at 90–92% 5k w/ 1 min jog | 16–17 mi easy through hills | 40 | 50 |
| | **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 | 8 mi at 85% 5k | 40 | 50 |
| **Convert fitness estimate to marathon pace (% MP)** | | | | | | |
| Marathon-supportive | **7** ◆ | 4 × 1.5 km at 108–110% MP w/ 3–4 min jog | – | 16 mi at 90–92% MP | 40 | 50 |
| | **8** | 9 mi at 100% MP | – | 9–10 × (1 km at 100% MP, 1 km at 85% MP) | 40 | 50 |
| | **9** ◆ | 6 × (1 km at 105% MP, 1 km at 80% MP) | – | 5 mi at 88%, 5 mi at 90%, 5 mi at 92%, 3–4 mi at 95% MP | 40 | 50 |
| 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) | 35–40 | 40–45 |
| | **11** | 5 × (1 km at 103% MP, 1 km at 85% MP) | – | 3–4 × 2 mi at 100% MP w/ 2–3 min jog | 35–40 | 40–45 |
| | **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