Breeze Plan – Peak mileage of 65 or 80 km/wk – 18-week version

Phase	Week	Primary workout	Secondary workout	Weekend workout	Weekly mileage Breeze 65	Weekly mileage Breeze 80
General	**1**	8 km Kenyan-style progression run	10 × 1.5 min at 100% 5k with (**w/**) 1 min jog	16–18 km easy through hills	40 km	55 km
	2	8 km Kenyan-style progression run	6–7 km at 85% 5k	18–20 km easy through hills	48	61
	3	6–7 × 3 min at 90% 5k w/ 1 min jog	8 × 2 min at 100% 5k w/ 1.5 min jog	15 km at 70–75% 5k	53	68
	4 ◆	8 km at 85% 5k	–	10 km Kenyan-style progression run	48	58
	5	7–8 × 3 min at 90–92% 5k w/ 45 sec jog	3 × (3 min at 100% 5k, 1.5 min jog, 2 min at 102% 5k, 3 min jog)	22–24 km easy hills	55	68
	6	2 sets of: (6 × 500m at 95% 5k w/ 30 sec walk); 4 min walk between sets	10 km at 85% 5k	12 km Kenyan-style progression run	60	74
	7	4–5 × 5 min at 90–92% 5k w/ 1 min jog	7 × 1 km at 95% 5k w/ 2 min jog	18–20 km at 75–80% 5k	65	80
	8 ◆	3 × (3 min at 98% 5k, 1 min jog, 3 min at 100–102% 5k, 4 min walk/jog)		24–26 km easy through hills	60	68
	9	4–5 × (1200m at 90–92% 5k, 400m at 75% 5k)	12 km Kenyan-style progression run	5–6 × 2 km at 86–88% 5k w/ 2 min walk	65	80
	10	4 × 1.5 km at 95% 5k w/ 3–4 min jog	12 km at 85% 5k	28–30 km easy through hills	65	80
Convert fitness estimate to marathon pace (% MP)						
Marathon-supportive	**11** ◆	3–4 × (1600m at 90–92% 5k, 400m at 75% 5k)	10 km Kenyan-style prog. w/ fast finish	24–26 km at 90–92% MP	65	80
	12	2 × (2 km, 1 km) at 108%, 112% MP w/ 3, 4 min jog	–	9–10 × (1 km at 100–102% MP, 1 km at 85% MP)	58	68
	13 ◆	7 × (1 km at 105% MP, 1 km at 80% MP)	–	27–30 km at 90–92% MP	65	80
	14	(3 × 2 km at 108% MP w/ 4 min jog), then 1 km at 110–112% MP	–	7 × (2 km at 100% MP, 1 km at 85% MP)	65	80
Marathon-specific	**15** ◆	6–8 km at 105% MP	–	10 km at 88%, 8 km at 90%, 8 km at 92%, 4–6 km at 95% MP	55–65	65–72
	16	10–12 × 500m at 108–110% MP w/ 30–45 sec walk	–	5-4-3-2-1 km at 98–102% MP w/ 1 km easy	55–65	65–72
	17	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
	18	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

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