Breeze Plan – Peak mileage of 40 or 50 mi/wk – 18-week version

Phase	Week	Primary workout	Secondary workout	Weekend workout	Weekly mileage Breeze 40	Weekly mileage Breeze 50
General	**1**	5 mi Kenyan-style progression run	10 × 1.5 min at 100% 5k with (**w/**) 1 min jog	10–11 mi easy through hills	25 mi	34 mi
	2	5 mi Kenyan-style progression run	4 mi at 85% 5k	11–12 mi easy through hills	29	38
	3	6–7 × 3 min at 90% 5k w/ 1 min jog	8 × 2 min at 100% 5k w/ 1.5 min jog	9 mi at 70–75% 5k	33	42
	4 ◆	5 mi at 85% 5k	–	6 mi Kenyan-style progression run	30	36
	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)	13–14 mi easy hills	34	42
	6	2 sets of: (6 × 500m at 95% 5k w/ 30 sec walk); 4 min walk between sets	6 mi at 85% 5k	7 mi Kenyan-style progression run	37	46
	7	4–5 × 5 min at 90–92% 5k w/ 1 min jog	7 × 1 km at 95% 5k w/ 2 min jog	11–12 mi at 75–80% 5k	40	50
	8 ◆	3 × (3 min at 98% 5k, 1 min jog, 3 min at 100–102% 5k, 4 min walk/jog)		15–16 mi easy through hills	36	42
	9	4–5 × (1200m at 90–92% 5k, 400m at 75% 5k)	7 mi Kenyan-style progression run	5–6 × 2 km at 86–88% 5k w/ 2 min walk	40	50
	10	4 × 1.5 km at 95% 5k w/ 3–4 min jog	7–8 mi at 85% 5k	16–18 mi easy through hills	40	50
Convert fitness estimate to marathon pace (% MP)						
Marathon-supportive	**11** ◆	3–4 × (1600m at 90–92% 5k, 400m at 75% 5k)	6 mi Kenyan-style prog. w/ fast finish	15–16 mi at 90–92% MP	40	50
	12	2 × (2 km, 1 km) at 108%, 112% MP w/ 3, 4 min jog	–	8–9 × (1 km at 100–102% MP, 1 km at 85% MP)	36	42
	13 ◆	7 × (1 km at 105% MP, 1 km at 80% MP)	–	16–18 mi at 90–92% MP	40	50
	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)	40	50
Marathon-specific	**15** ◆	3.5–5 mi at 105% MP	–	6 mi at 88%, 5 mi at 90%, 5 mi at 92%, 3–4 mi at 95% MP	35–40	40–45
	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	35–40	40–45
	17	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	35–40
	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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