Gale Plan – Peak mileage of 115 or 130 km/wk – 12-week version

Phase	Week	Primary workout	Secondary workout	Weekend workout	Weekly mileage	
					Gale 115	Gale 130
General	**1**	10 km Kenyan-style progression run	8 × 3 min at 90–92% 5k with (**w/**) 1 min jog	9–10 × 2 min at 100% 5k w/ 1.5 min jog	90 km	95 km
	2	12 km Kenyan-style progression run	12 km at 85% 5k	20–22 km at 80% 5k through hills	95	103
	3	7 × 4 min at 90–92% 5k w/ 1 min jog	8 × 1 km at 95% 5k w/ 2 min jog	23–25 km easy through hills	100	110
	4 ◆	4 × (3-2-1 min at 98-100-102% 5k w/ 1-1-2 min jog)	14 km at 85% 5k	22–24 km at 80% 5k through rolling hills	108	118
	5	6 × (1200m at 90–92% 5k, 400m at 80% 5k)	5 × 1600m at 95% 5k w/ 3 min jog	27–30 km easy through hills	115	124
Convert fitness estimate to marathon pace (% MP)						
Marathon-supportive	**6**	16 km at 100% MP	–	26–30 km at 90–92% MP	115	130
	7	5 × (1600m at 105–107% MP, 400m at 95–98% MP)	–	8 km at 90%; 8 km at 92%; 8 km at 94%; 5–8 km at 96% MP	115	130
	8 ◆	4 × 2 km at 108–110% MP w/ 4 min walk/jog	–	8 × (2 km at 100% MP, 1 km at 90% MP)	115	130
Marathon-specific	**9**	9 × (1 km at 105% MP, 1 km at 90% MP)	–	32 km at 95% MP	95–105	105–115
	10 ◆	12 × 500m at 108–110% MP w/ 30–45 sec walk	–	6 × (3 km at 100% MP, 1 km at 90% MP)	95–105	105–115
	11	7–8 × (1 km at 103–105% MP, 1 km at 92–94% MP)	–	5–6 × 1200m at 107–110% MP w/ 2–3 min jog	80–90	90–105
	12	5–6 × 4 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