Gale Plan – Peak mileage of 70 or 80 mi/wk – 12-week version

Phase	Week	Primary workout	Secondary workout	Weekend workout	Weekly mileage	
					Gale 70	Gale 80
General	**1**	6 mi 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	55 mi	60 mi
	2	7 mi Kenyan-style progression run	7 mi at 85% 5k	12–13 mi at 80% 5k through hills	59	65
	3	7 × 4 min at 90–92% 5k w/ 1 min jog	8 × 1 km at 95% 5k w/ 2 min jog	14–15 mi easy through hills	63	69
	4 ◆	4 × (3-2-1 min at 98-100-102% 5k w/ 1-1-2 min jog)	8 mi at 85% 5k	14–15 mi at 80% 5k through rolling hills	67	73
	5	6 × (1200m at 90–92% 5k, 400m at 80% 5k)	5 × 1 mi at 95% 5k w/ 3 min jog	16–18 mi easy through hills	70	77
Convert fitness estimate to marathon pace (% MP)						
Marathon-supportive	**6**	10 mi at 100% MP	–	17–18 mi at 90–92% MP	70	80
	7	5 × (1600m at 105–107% MP, 400m at 95–98% MP)	–	5 mi at 90%; 5 mi at 92%; 5 mi at 94%; 3–4 mi at 96% MP	70	80
	8 ◆	4 × 2 km at 108–110% MP w/ 4 min walk/jog	–	8 × (2 km at 100% MP, 1 km at 90% MP)	70	80
Marathon-specific	**9**	9 × (1 km at 105% MP, 1 km at 90% MP)	–	20 mi at 95% MP	60–65	65–70
	10 ◆	12 × 500m at 108–110% MP w/ 30–45 sec walk	–	6 × (3 km at 100% MP, 1 km at 90% MP)	60–65	65–70
	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	50–60	55–65
	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

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