Gale Plan – Peak mileage of 115 or 130 km/wk – 18-week version

Phase	Week	Primary workout	Secondary workout	Weekend workout	Weekly mileage Gale 115	Weekly mileage 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	80 km	90 km
	2	12 km Kenyan-style progression run	10 km at 85% 5k	8 km easy + 3 sets of: 2 km at 88–90% 5k, 1 km moderate	88	97
	3	4 × (3-2-1 min at 98-100-102% 5k w/ 1-1-2 min jog)	7 × 4 min at 90–92% 5k w/ 1 min jog	20–22 km at 80% 5k through hills	96	105
	4 ◆	12 km at 85% 5k	–	24–26 km easy through hills	80	90
	5	6 × 5 min at 90–92% 5k w/ 1 min jog	8 × 1 km at 95% 5k w/ 2 min jog	14 km Kenyan-style progression w/ fast finish	96	108
	6	14 km at 85% 5k	8 × 800m at 100% 5k w/ 2–3 min walk/jog	23–25 km at 80% 5k	103	116
	7 ◆	5 × 1600m at 95% 5k w/ 3 min jog	6–7 × (1200m at 90–92% 5k, 400m at 80% 5k)	27–30 km easy through hills	110	122
Convert fitness estimate to marathon pace (% MP)						
Marathon-supportive	**8**	15–16 km at 100% MP	–	4 × 2 km at 108–110% MP w/ 3–4 min jog	90	100
	9	5 × (1600m at 105–107% MP, 400m at 95–98% MP)	–	27–30 km at 90–92% MP	115	130
	10	3 × (2 km at 108% MP, 2 min jog, 1 km at 110% MP, 5 min walk/jog)	–	16–18 km at 100% MP	115	130
	11 ◆	9–10 × (1 km at 105% MP, 1 km at 90% MP)	–	30–32 km at 90–92% MP	115	130
	12	3 × 3 km at 108–110% MP w/ 4–5 min walk/jog	–	8 × (2 km at 100% MP, 1 km at 90% MP)	93	110
Marathon-specific	**13** ◆	6–7 × (2 km at 105% MP, 1 km at 90% MP)	–	8 km at 90%; 8 km at 92%; 8 km at 94%; 5–8 km at 96% MP	115	130
	14	12–15 × 500m at 108–110% MP w/ 30–45 sec walk	–	6 × (3 km at 100% MP, 1 km at 90% MP)	105–115	110–120
	15 ◆	6–9 km at 105% MP	–	32–34 km at 95% MP	95–105	105–110
	16	14 km Kenyan-style progression run	–	5 × (4 km at 100% MP, 1 km at 90% MP)	95–100	100–110
	17	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	80–95	90–105
	18	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

MARATHON EXCELLENCE

Get the full book at
MarathonExcellence.com