Gale Plan – Peak mileage of 70 or 80 mi/wk – 18-week version

Phase	Week	Primary workout	Secondary workout	Weekend workout	Weekly mileage Gale 70	Weekly mileage 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	50 mi	55 mi
	2	7 mi Kenyan-style progression run	6 mi at 85% 5k	5 mi easy + 3 sets of: 1.5 mi at 88–90% 5k, 0.5 mi moderate	55	60
	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	12–13 mi at 80% 5k through hills	60	65
	4 ◆	7 mi at 85% 5k	–	14–15 mi easy through hills	50	55
	5	6 × 5 min at 90–92% 5k w/ 1 min jog	8 × 1 km at 95% 5k w/ 2 min jog	8 mi Kenyan-style progression w/ fast finish	60	67
	6	8 mi at 85% 5k	8 × 800m at 100% 5k w/ 2–3 min walk/jog	14–15 mi at 80% 5k	64	72
	7 ◆	5 × 1 mi at 95% 5k w/ 3 min jog	6–7 × (1200m at 90–92% 5k, 400m at 80% 5k)	16–18 mi easy through hills	68	76
Convert fitness estimate to marathon pace (% MP)						
Marathon-supportive	**8**	9–10 mi at 100% MP	–	4 × 2 km at 108–110% MP w/ 3–4 min jog	55	63
	9	5 × (1600m at 105–107% MP, 400m at 95–98% MP)	–	16–18 mi at 90–92% MP	70	80
	10	3 × (2 km at 108% MP, 2 min jog, 1 km at 110% MP, 5 min walk/jog)	–	10–11 mi at 100% MP	70	80
	11 ◆	9–10 × (1 km at 105% MP, 1 km at 90% MP)	–	18–20 mi at 90–92% MP	70	80
	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)	58	68
Marathon-specific	**13** ◆	6–7 × (2 km at 105% MP, 1 km at 90% MP)	–	5 mi at 90%; 5 mi at 92%; 5 mi at 94%; 3–5 mi at 96% MP	70	80
	14	12–15 × 500m at 108–110% MP w/ 30–45 sec walk	–	6 × (3 km at 100% MP, 1 km at 90% MP)	65–70	70–75
	15 ◆	3.5–5.5 mi at 105% MP	–	20–21 mi at 95% MP	60–65	65–70
	16	8 mi Kenyan-style progression run	–	5 × (4 km at 100% MP, 1 km at 90% MP)	60–65	65–70
	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	50–60	55–65
	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