Hurricane Plan – Peak mileage of 160, 175, or 195 km/wk – 12-week version

Phase	Week	Primary workout	Secondary workout	Weekend workout	Mileage 160 / 175 / 195
General	**1**	10 × 3 min at 90–92% 5k with (**w/**) 45 sec jog	14 km at 85% 5k	8–10 km at 90% 5k	122 / 134 / 146 km
	2	10–12 × 600m at 98–100% 5k w/ 1–2 min jog	**AM:** 3-2-2-1 km at 86–92% 5k w/ 2 min walk **PM:** 4–5 × 1.5 km at 90–92% 5k w/ 1 min walk	21–23 km at 80% 5k through hills	132 / 142 / 156
	3	4 × (1 km at 95% 5k, 2 min jog, 1 km at 100% 5k, 4 min jog)	6–7 × 2 km at 86–88% 5k w/ 2 min walk	30–32 km easy through hills	140 / 156 / 165
	4 ◆	**AM:** 4 × 2 km at 86–88% 5k w/ 2 min walk **PM:** 7 × 1 km at 90–92% 5k w/ 1 min walk	6 × 1600m at 95% 5k w/ 3 min jog	25–27 km at 80% 5k through hills	150 / 165 / 177
		Convert fitness estimate to marathon pace (% MP)			
Marathon-supportive	**5**	18–21 km at 100% MP	–	32–34 km at 90–92% MP	160 / 175 / 185
	6 ◆	**AM:** 7 km prog. + 4-1, 3-1, 2-1, 1-1 km at 103 / 105% MP w/ 2 min walk **PM:** 7 km prog. + 8 × 500m at 108–110% MP w/ 30 sec walk; 3 min rest; 3–4 km at 110–112% MP		5 × 4 km at 102–103% MP w/ 3 min walk	160 / 175 / 195
	7	10 × (1 km at 105% MP, 1 km at 90–92% MP)	–	12-10-8-6 km at 90-92-94-96% MP	160 / 175 / 195
Marathon-specific	8	**AM:** 8 × 1 km at 102–106% MP w/ 1 min walk **PM:** 12–15 × 500m at 108–110% MP w/ 25 sec walk		26–30 km at 98% MP	160 / 175 / 195
	9 ◆	**AM:** 3–4 × 2 km at 103% MP w/ 2 min walk **PM:** 12–16 × 400m at 108–110% MP w/ 25 sec walk		34–37 km at 95% MP	~145–170
	10	8–10 × 3 min at 105–107% MP w/ 30 sec jog	–	5 × (5 km at 100% MP, 1 km at 90% MP)	~130–160
	11	8–10 × (1 km at 103–105% MP, 1 km at 94–96% MP)	–	3-2-2-1 km at 107–112% MP w/ 4 min walk/jog	~105–145
	12	6–8 × 3 min at 105–107% MP w/ 45 sec jog	–	**Marathon**	*n/a*

◆ Revise your current fitness estimate at the end of these weeks

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