Hurricane Plan – Peak mileage of 100, 110, or 120 mi/wk – 12-week version

Phase	Week	Primary workout	Secondary workout	Weekend workout	Mileage 100 / 110 / 120
General	**1**	10 × 3 min at 90–92% 5k with (**w/**) 45 sec jog	8 mi at 85% 5k	5–6 mi at 90% 5k	76 / 83 / 91 mi
	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	13–14 mi at 80% 5k through hills	82 / 88 / 97
	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	18–20 mi easy through hills	87 / 97 / 103
	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 × 1 mi at 95% 5k w/ 3 min jog	15–16 mi at 80% 5k through hills	93 / 102 / 110
Convert fitness estimate to marathon pace (% MP)					
Marathon-supportive	**5**	11–12 mi at 100% MP	–	20–21 mi at 90–92% MP	100 / 110 / 115
	6 ◆	**AM:** 4 mi prog. + 4-1, 3-1, 2-1, 1-1 km at 103 / 105% MP w/ 2 min walk **PM:** 4 mi 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	100 / 110 / 120
	7	10 × (1 km at 105% MP, 1 km at 90–92% MP)	–	7-6-5-4 mi at 90-92-94-96% MP	100 / 110 / 120
Marathon-specific	8	**AM:** 8 × 1 km at 102–106% MP w/ 1 min walk **PM:** 12–15 × 500m at 108–110% MP w/ 30 sec walk		16–18 mi at 98% MP	100 / 110 / 120
	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		22–23 mi at 95% MP	~90–105
	10	8–10 × 3 min at 105–107% MP w/ 30 sec jog	–	5 × (5 km at 100% MP, 1 km at 90% MP)	~80–100
	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	~65–90
	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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