Hurricane Plan – Peak mileage of 160, 175, or 195 km/wk – 18-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	12–14 km at 85% 5k	25 km w/ last 8 km prog. moderate to 90% 5k	112 / 124 / 136 km
	2	10–12 × 600m at 98–100% 5k w/ 1–2 min jog	8–10 km at 90% 5k	22–24 km at 80% 5k through rolling hills	122 / 134 / 145
	3	6 × 2 km at 86–88% 5k w/ 2 min walk	4 × (1 km at 95% 5k, 2 min jog, 1 km at 100% 5k, 4 min jog)	30–32 km easy through rolling hills	132 / 142 / 155
	4 ◆	10–12 km at 90% 5k	16 km Kenyan-style progression run	15–16 km at 85% 5k	116 / 130 / 142
	5	6 × 1600m at 95% 5k w/ 3 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	24–26 km at 80% 5k through rolling hills	137 / 148 / 160
	6	16 km Kenyan-style prog. w/ fast finish	5 × 2 km at 95% 5k w/ 3–4 min jog	18–20 km at 85% 5k	145 / 157 / 170
		Convert fitness estimate to marathon pace (% MP)			
Marathon-supportive	**7**	**AM:** 4 × 2 km at 102–103% MP w/ 2 min walk **PM:** 14–16 × 500m at 108–110% MP w/ 30 sec walk		7 × (1600m at 106–107% MP, 400m at 95% MP)	153 / 165 / 180
	8 ◆	20–24 km at 98–100% MP	–	30–32 km at 90–92% MP	137 / 145 / 155
	9	**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		8–10 × (1 km at 103–105% MP, 1 km at 90–92% MP)	160 / 175 / 185
	10	5–6 × 4 km at 102–103% MP w/ 3 min walk	–	10-10-10-(6 to 10) km at 88-90-92-94% MP	160 / 175 / 195
	11 ◆	2 × (3 km, 2 km, 1 km) at 107%, 108%, 110% MP w/ 4 min walk/jog	–	5 × (1-1-1-1 km) at 105-96-105-90% MP	160 / 175 / 195
Marathon-specific	**12**	**AM:** 8 × 1 km at 102–106% MP w/ 1 min walk **PM:** 12–15 × 500m at 108–110% MP w/ 30 sec walk		30 km at 98% MP	160 / 175 / 177
	13 ◆	7–12 km at 103–105% MP	–	35–38 km at 95% MP	142 / 152 / 170
	14	**AM:** 3–4 × 2 km at 102–103% MP w/ 2 min walk **PM:** 12–16 × 400m at 108–110% MP w/ 25 sec walk		5 × (5 km at 100% MP, 1 km at 90% MP)	~135–170
	15 ◆	8–10 × 3 min at 105–107% MP w/ 30 sec jog	–	12-10-8-6 km at 92-94-96-(96 to 98%) MP	~130–160
	16	16 km Kenyan-style progression run	–	6-5-4-3-2-1 km at 98–100% w/ 1 km at 90% MP	~120–150
	17	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
	18	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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