Hurricane Plan – Peak mileage of 100, 110, or 120 mi/wk – 18-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	7–8 mi at 85% 5k	15 mi w/ last 5 mi prog. moderate to 90% 5k	70 / 77 / 85 mi
	2	10–12 × 600m at 98–100% 5k w/ 1–2 min jog	5–6 mi at 90% 5k	13–14 mi at 80% 5k through rolling hills	76 / 83 / 91
	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)	18–20 mi easy through rolling hills	82 / 88 / 97
	4 ◆	6–7 mi at 90% 5k	10 mi Kenyan-style progression run	9–10 mi at 85% 5k	72 / 80 / 88
	5	6 × 1 mi 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	15–16 mi at 80% 5k through rolling hills	85 / 92 / 100
	6	10 mi Kenyan-style prog. w/ fast finish	5 × 2 km at 95% 5k w/ 3–4 min jog	11–12 mi at 85% 5k	90 / 98 / 106
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)	95 / 104 / 112
	8 ◆	13–14 mi at 98–100% MP	–	18–20 mi at 90–92% MP	85 / 90 / 98
	9	**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		8–10 × (1 km at 103–105% MP, 1 km at 90–92% MP)	100 / 110 / 115
	10	5–6 × 4 km at 102–103% MP w/ 3 min walk	–	6-6-6-(4 to 6) mi at 88-90-92-94% MP	100 / 110 / 120
	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	100 / 110 / 120
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		18 mi at 98% MP	100 / 105 / 110
	13 ◆	4–7 mi at 103–105% MP	–	22–24 mi at 95% MP	88 / 95 / 106
	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)	~85–105
	15 ◆	8–10 × 3 min at 105–107% MP w/ 30 sec jog	–	7-6-5-4 mi at 92-94-96-(96 to 98%) MP	~80–100
	16	10 mi Kenyan-style progression run	–	6-5-4-3-2-1 km at 98–100% w/ 1 km at 90% MP	~75–95
	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	~65–90
	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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