Tornado Plan – Peak mileage of 135 or 150 km/wk – 12-week version

Phase	Week	Primary workout	Secondary workout	Weekend workout	Weekly mileage Torn. 135	Weekly mileage Torn. 150
General	**1**	12 km Kenyan-style progression run	2 sets of 4-3-2-1 min at 96-98-100-102% 5k w/ 1 min mod. / 2–3 min jog	21–23 km at 75–80% 5k through hills	105 km	115 km
	2	8 × 1 km at 95% 5k w/ 2 min jog	10 × 3 min at 90–92% 5k w/ 45 sec jog	25–28 km easy through hills	112	122
	3	13–15 km at 85% 5k	3 × (2 km at 95% 5k, 2 min jog, 1 km at 100% 5k, 4 min jog)	23–25 km at 80% 5k through hills	120	130
	4 ◆	7 × 4 min at 90–92% 5k w/ 1 min jog	14–16 km at 85% 5k	26–30 km easy through hills	125	135
Convert fitness estimate to marathon pace (% MP)						
Marathon-supportive	**5**	5 × 2 km at 108–110% MP w/ 4 min jog	15 km Kenyan-style progression run	27–30 km at 90% MP	132	145
	6 ◆	7 × (1200m at 105–107% MP, 400m at 95% MP)	–	18–20 km at 100% MP	135	150
	7	(3 × 3 km at 108–110% MP w/ 4 min jog), then 1 km at 112–115% MP	–	8-8-8-8 km at 90-92-94-96% MP	135	150
	8 ◆	10 × (1 km at 105% MP, 1 km at 90–92% MP)	–	6 × (3 km at 100% MP, 1 km at 90% MP)	135	150
Marathon-specific	**9**	12 × 500m at 108–110% MP w/ 30 sec walk	–	32–35 km at 95% MP	120–130	130–140
	10 ◆	4–5 × 2 km at 103–105% MP w/ 2–3 min walk	–	6 × (4 km at 100% MP, 1 km at 90% MP)	108–116	125–135
	11	8 × (1 km at 103–105% MP, 1 km at 92–94% MP)	–	2 × 2 km at 107% MP; 2–3 × 1 km at 108–110% MP w/ 3 min jog	95–112	105–116
	12	6–8 × 3 min at 105–107% MP w/ 45 sec jog	–	**Marathon**	*n/a*	*n/a*

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

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