Tornado Plan – Peak mileage of 85 or 95 mi/wk – 12-week version

Phase	Week	Primary workout	Secondary workout	Weekend workout	Weekly mileage Torn. 85	Weekly mileage Torn. 95
General	1	7 mi 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	13–14 mi at 75–80% 5k through hills	65 mi	70 mi
	2	8 × 1 km at 95% 5k w/ 2 min jog	10 × 3 min at 90–92% 5k w/ 45 sec jog	15–17 mi easy through hills	70	75
	3	8–9 mi at 85% 5k	3 × (2 km at 95% 5k, 2 min jog, 1 km at 100% 5k, 4 min jog)	14–15 mi at 80% 5k through hills	74	80
	4 ◆	7 × 4 min at 90–92% 5k w/ 1 min jog	9–10 mi at 85% 5k	16–18 mi easy through hills	78	85
Convert fitness estimate to marathon pace (% MP)						
Marathon-supportive	5	5 × 2 km at 108–110% MP w/ 4 min jog	9 mi Kenyan-style progression run	17–18 mi at 90% MP	82	90
	6 ◆	7 × (1200m at 105–107% MP, 400m at 95% MP)	–	11–12 mi at 100% MP	85	95
	7	(3 × 3 km at 108–110% MP w/ 4 min jog), then 1 km at 112–115% MP	–	5-5-5-5 mi at 90-92-94-96% MP	85	95
	8 ◆	10 × (1 km at 105% MP, 1 km at 90–92% MP)	–	6 × (3 km at 100% MP, 1 km at 90% MP)	85	95
Marathon-specific	9	12 × 500m at 108–110% MP w/ 30 sec walk	–	20–22 mi at 95% MP	75–80	80–85
	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)	67–72	78–83
	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	60–70	65–72
	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