Tornado Plan – Peak mileage of 135 or 150 km/wk – 18-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	8–9 × 3 min at 90–92% 5k with (**w/**) 45 sec jog	12 km easy + 8 km progressing moderate to 90% 5k + 2 km easy	95 km	105 km
	2 ◆	12 km at 85% 5k	10 × 2 min at 100–102% 5k w/ 1.5 min jog	14 km Kenyan-style progression run	105	112
	3	8 × 1 km at 95% 5k w/ 2 min jog	14 km at 85% 5k	21–23 km at 80% 5k through rolling hills	113	122
	4 ◆	2 sets of 4-3-2-1 min at 96-98-100-102% 5k w/ 1 min mod. / 2–3 min jog	–	7–8 × 4 min at 90–92% 5k w/ 1 min jog	95	105
	5	5 × 1600m at 95% 5k w/ 3 min jog	15–16 km at 85% 5k	26–30 km easy through rolling hills	116	125
	6 ◆	3-2-1-3-2-1 km at 86–88% 5k w/ 2 min walk	7 × (1200m at 90–92% 5k, 400m at 80% 5k)	24–26 km at 80% 5k through rolling hills	125	135
		Convert fitness estimate to marathon pace (% MP)				
Marathon-supportive	7	3 × (2 km at 108% MP, 2 min jog, 1 km at 110–112% MP, 4–5 min jog)	–	16–18 km at 100% MP	133	145
	8 ◆	6 × (1600m at 105–107% MP, 400m at 95–98% MP)	–	4-1, 3-1, 2-1, 1-1 km at 101–103% / 105% MP w/ 2 min walk between all	120	132
	9	5 × 2 km at 108–110% MP w/ 4 min jog	–	27–31 km at 90–92% MP through rolling hills	135	150
	10 ◆	**AM:** 7 × 1 km at 103–106% MP w/ 1 min jog **PM:** 12 × 500m at 108–110% MP w/ 30 sec walk		20–22 km at 100% MP	135	150
	11	10 × (1 km at 105% MP, 1 km at 90–92% MP)	–	8-8-8-(5 to 8) km at 90-92-94-96% MP	135	150
	12	**AM:** 5–6 × 2 km at 103% MP w/ 2 min walk **PM:** 4 × 500m at 108–110% MP w/ 30 sec walk; 4 min rest; 3–5 km at 108–110% MP		6 × (3 km at 100% MP, 1 km at 90% MP	130	145
Marathon-specific	13 ◆	4–5 × 3 km at 103–105% MP w/ 2–3 min walk	–	32–35 km at 95% MP	112–125	130-140
	14	**AM:** 3-2-1-1 km at 102–106% MP w/ 2 min walk **PM:** 12–15 × 400m at 108–110% MP w/ 25 sec walk		6 × (4 km at 100% MP, 1 km at 90% MP)	120–130	125-135
	15 ◆	8–10 × 3 min at 104–107% MP w/ 30 sec jog	–	12-10-8-(4 to 6) km at 92-94-96-98% MP	112–120	125-135
	16	12 × 500m at 108–110% MP w/ 30 sec walk	–	6-5-4-3-2-1 km at 98–102% w/ 1 km at 90% MP	108–116	120-130
	17	8 × (1 km at 103–105% MP, 1 km at 92–94% MP)	–	2 × 2 km at 107% MP; 2–4 × 1 km at 108–110% MP w/ 3 min jog	95–105	105-116
	18	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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