Tornado Plan – Peak mileage of 85 or 95 mi/wk – 18-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	8–9 × 3 min at 90–92% 5k with (**w/**) 45 sec jog	7 mi easy + 5 mi progressing moderate to 90% 5k + 1 mi easy	60 mi	65 mi
	2 ◆	7 mi at 85% 5k	10 × 2 min at 100–102% 5k w/ 1.5 min jog	8 mi Kenyan-style progression run	65	70
	3	8 × 1 km at 95% 5k w/ 2 min jog	8 mi at 85% 5k	13–14 mi at 80% 5k through rolling hills	70	76
	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	60	65
	5	5 × 1 mi at 95% 5k w/ 3 min jog	9–10 mi at 85% 5k	16–18 mi easy through rolling hills	72	78
	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)	15–16 mi at 80% 5k through rolling hills	78	84
		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)	–	10–11 mi at 100% MP	83	90
	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	75	82
	9	5 × 2 km at 108–110% MP w/ 4 min jog	–	17–19 mi at 90–92% MP through rolling hills	85	95
	10 ◆	**AM:** 7 × 1 km at 103–106% MP w/ 1 min jog **PM:** 12 × 500m at 108–110% MP w/ 30 sec walk		12–13 mi at 100% MP	85	95
	11	10 × (1 km at 105% MP, 1 km at 90–92% MP)	–	5-5-5-(3 to 5) mi at 90-92-94-96% MP	85	95
	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	80	90
Marathon-specific	**13** ◆	4–5 × 3 km at 103–105% MP w/ 2–3 min walk	–	20–22 mi at 95% MP	70–78	78–85
	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)	75–80	80–85
	15 ◆	8–10 × 3 min at 104–107% MP w/ 30 sec jog	–	7-6-5-(2 to 4) mi at 92-94-96-98% MP	70–75	80–85
	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	67–72	78–83
	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	60–65	67–72
	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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