Wind Plan – Peak mileage of 90 or 105 km/wk – 12-week version

Phase	Week	Primary workout	Secondary workout	Weekend workout	Weekly mileage	
					Wind 90	Wind 105
General	**1**	10 km Kenyan-style progression run	7 × 3 min at 90–92% 5k w/ 1 min jog	8–10 km at 85% 5k	70 km	80 km
	2	4 × (3 min at 95% 5k, 1 min jog, 2 min at 100% 5k, 3 min jog)	8 × 3 min at 90–92% 5k w/ 45 sec jog	16–18 km at 75–80% 5k	75	85
	3	12 km Kenyan-style progression run	4 × (3 min, 2 min, 1 min) at 98, 100, 102% 5k w/ 1 min jog	22–24 km easy through hills	80	90
	4 ◆	10–12 km at 85% 5k	5–6 × 1200m at 90–92% 5k w/ 1 min jog	20–22 km at 75–80% 5k	84	95
	5	4 × (1 km at 95% 5k, 2 min jog, 1 km at 98% 5k, 4 min jog)	12 km Kenyan-style progression run w/ fast finish	27–30 km easy through hills	87	100
	6 ◆	12–15 km at 85% 5k	5–6 × (1200m at 90–92% 5k, 400m at 80% 5k)	8 km at 78% 5k, 8 km at 80% 5k, 8 km at 82% 5k	90	105
Convert fitness estimate to marathon pace (% MP)						
Marathon-supportive	**7**	5 × 1600m at 108–110% MP w/ 3 min jog	–	30–32 km at 90–92% MP	90	105
	8 ◆	7–8 × (1 km at 105% MP, 1 km at 85% MP)	–	8 × (2 km at 100% MP, 1 km at 85% MP)	90	105
	9	4 × 2 km at 108–110% MP w/ 4 min walk/jog	–	10 km at 90%; 8 km at 92%; 8 km at 94%; 6–8 km at 96% MP	80–90	95–105
Marathon-specific	**10** ◆	6–8 km at 105% MP	–	6 × (3 km at 100% MP, 1 km at 85% MP)	72–80	90–95
	11	6 × (1 km at 103–105% MP, 1 km at 90% MP)	–	14 km Kenyan-style progression run	65–80	72–80
	12	5–6 × 4 min at 104–107% MP w/ 1 min jog	–	**Marathon**	*n/a*	*n/a*

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