Wind Plan – Peak mileage of 55 or 65 mi/wk – 12-week version

Phase	Week	Primary workout	Secondary workout	Weekend workout	Weekly mileage Wind 55	Weekly mileage Wind 65
General	**1**	6 mi Kenyan-style progression run	7 × 3 min at 90–92% 5k w/ 1 min jog	5–6 mi at 85% 5k	44 mi	50 mi
	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/ 1 min jog	10–11 mi at 75–80% 5k	47	53
	3	7 mi Kenyan-style progression run	4 × (3 min, 2 min, 1 min) at 98, 100, 102% 5k w/ 1 min jog	14–15 mi easy through hills	50	56
	4 ◆	6–7 mi at 85% 5k	5–6 × 1200m at 90–92% 5k w/ 1 min jog	12–13 mi at 75–80% 5k	52	59
	5	4 × (1 km at 95% 5k, 2 min jog, 1 km at 98% 5k, 4 min jog)	8 mi Kenyan-style progression run w/ fast finish	16–18 mi easy through hills	54	62
	6 ◆	8–9 mi at 85% 5k	5–6 × (1200m at 90–92% 5k, 400m at 80% 5k)	5 mi at 78% 5k, 5 mi at 80% 5k, 5 mi at 82% 5k	55	65
Convert fitness estimate to marathon pace (% MP)						
Marathon-supportive	**7**	5 × 1 mi at 108–110% MP w/ 3 min jog	–	18–19 mi at 90% MP	55	65
	8 ◆	7–8 × (1 km at 105% MP, 1 km at 85% MP)	–	8 × (2 km at 100% MP, 1 km at 85% MP)	55	65
	9	4 × 2 km at 108–110% MP w/ 4 min walk/jog	–	6 mi at 90%; 5 mi at 92%; 5 mi at 94%; 4–5 mi at 96% MP	50–55	60–65
Marathon-specific	**10** ◆	3.5–5 mi at 105% MP	–	6 × (3 km at 100% MP, 1 km at 85% MP)	45–50	55–60
	11	6 × (1 km at 103–105% MP, 1 km at 90% MP)	–	8 mi Kenyan-style progression run	40–50	45–50
	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