Wind Plan – Peak mileage of 90 or 105 km/wk – 18-week version

Phase	Week	Primary workout	Secondary workout	Weekend workout	Weekly mileage Wind 90	Weekly mileage Wind 105
General	**1**	10 km Kenyan-style progression run	8 × 2 min at 100% 5k with (**w/**) 1.5 min jog	18–20 km easy through hills	65 km	72 km
	2 ◆	10 km Kenyan-style progression run	7 × 3 min at 90–92% 5k w/ 1 min jog	8 km at 85% 5k	70	80
	3	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	20–22 km easy through hills	77	88
	4 ◆	10 km at 85% 5k	–	16–18 km at 75–80% 5k	65	72
	5	5–6 × 1200m at 90–92% 5k w/ 1 min jog	4 × (3 min, 2 min, 1 min) at 98, 100, 102% 5k w/ 1 min/ 3 min rep / set jog	23–25 km easy through hills	77	88
	6	12 km at 85% 5k	12 km Kenyan-style progression run	20–22 km at 80% 5k	83	95
	7	4 × (1 km at 95% 5k, 2 min jog, 1 km at 98% 5k, 4 min jog)	5–6 × (1200m at 90–92% 5k, 400m at 80% 5k)	26–30 km easy through hills	87	100
	8 ◆	12 km Kenyan-style progression w/ fast finish	–	13–15 km at 85% 5k	82	80
		Convert fitness estimate to marathon pace (% MP)				
Marathon-supportive	**9**	4–5 × (1600m at 90–92% 5k, 400m at 80% 5k)	–	23–25 km at 90% MP	90	105
	10	(3 × 2 km at 108–110% MP w/ 4 min); 2 × 1 km at 112% MP w/ 3 min jog	14 km Kenyan-style progression run	14–16 km at 100% MP	90	105
	11 ◆	7–8 × (1 km at 105% MP, 1 km at 85% MP)	–	10 km at 90%; 8 km at 92%; 8–10 km at 94% MP	90	105
	12	4 × 2 km at 108–110% MP w/ 4 min walk/jog	–	8 × (2 km at 100% MP, 1 km at 85% MP)	72	90
	13 ◆	5 × (2 km at 105% MP, 1 km at 85% MP)	–	30–32 km at 90–92% MP	90	105
Marathon-specific	**14**	3-2-2-1 km at 108, 109, 110, 112–115% MP w/ 4 min walk/jog	–	6 × (3 km at 100% MP, 1 km at 85% MP)	80–90	90–100
	15	6–8 km at 105% MP	–	10 km at 90%; 8 km at 92%; 8 km at 94%; 6–8 km at 96% MP	80–90	90–95
	16 ◆	12 × 500m at 108–110% MP w/ 30–45 sec walk	–	6-5-4-3 km at 98–102% MP w/ 1 km at 85% MP	72–80	80–95
	17	6–7 × (1 km at 103–105% MP, 1 km at 90% MP)	–	14 km Kenyan-style progression run	65–80	72–80
	18	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

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