Wind Plan – Peak mileage of 55 or 65 mi/wk – 18-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	8 × 2 min at 100% 5k with (**w/**) 1.5 min jog	11–12 mi easy through hills	40 mi	45 mi
	2 ◆	6 mi Kenyan-style progression run	7 × 3 min at 90–92% 5k w/ 1 min jog	5 mi at 85% 5k	44	50
	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/ 45 sec jog	12–13 mi easy through hills	48	55
	4 ◆	6 mi at 85% 5k	–	10–11 mi at 75–80% 5k	40	45
	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	14–15 mi easy through hills	48	55
	6	7 mi at 85% 5k	8 mi Kenyan-style progression run	12–13 mi at 80% 5k	52	59
	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)	16–18 mi easy through hills	54	63
	8 ◆	8 mi Kenyan-style progression w/ fast finish	–	8–9 mi at 85% 5k	45	50
		Convert fitness estimate to marathon pace (% MP)				
Marathon-supportive	**9**	4–5 × (1600m at 90–92% 5k, 400m at 80% 5k)	–	14–15 mi at 90% MP	55	65
	10	(3 × 2 km at 108–110% MP w/ 4 min); 2 × 1 km at 112% MP w/ 3 min jog	9 mi Kenyan-style progression run	9–10 mi at 100% MP	55	65
	11 ◆	7–8 × (1 km at 105% MP, 1 km at 85% MP)	–	6 mi at 90%; 5 mi at 92%; 5–6 mi at 94% MP	55	65
	12	4 × 2 km at 108–110% MP w/ 4 min walk/jog	–	8 × (2 km at 100% MP, 1 km at 85% MP)	45	55
	13 ◆	5 × (2 km at 105% MP, 1 km at 85% MP)	–	18–20 mi at 90–92% MP	55	65
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)	50–55	55–62
	15	3.5–5 mi at 105% MP	–	6 mi at 90%; 5 mi at 92%; 5 mi at 94%; 4–5 mi at 96% MP	50–55	55–60
	16 ◆	12 × 500m at 108–110% MP w/ 30–45 sec walk	–	6-5-4-3 km at 100% MP w/ 1 km at 85% MP	45–50	55–60
	17	6–7 × (1 km at 103–105% MP, 1 km at 90% MP)	–	8 mi Kenyan-style progression run	40–50	45–50
	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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