

Training Plan: Level 2

Level 2 is designed for runners that have run at least one half marathon and/or marathon in the past and are looking to improve their time. It is also ideally designed for those who are running 20+ miles/week, are comfortable running 4-6 days/week, and have either done speed work in the past or feel they are ready to give speedwork a try.



Week	Week Start Date	Week End Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	January 24	January 30	Rest	3-4 miles easy	3-5 miles easy	3-4 miles easy	Rest	5-8 miles easy	3-4 miles easy
2	January 31	February 6	Rest	1-2 miles easy, 6-8x2 minute gradual hills mod/hard w/ jog down recovery, 1-2 miles easy OR -- ARE Lactate Threshold Workout*	3-5 miles easy	3-5 miles easy	Rest	HM: 6-8 miles easy w/ 15 minutes at tempo after warm-up MAR: 10 miles easy w/ 15 minutes at tempo after warm-up	3-4 miles easy
3	February 7	February 13	Rest	1-2 miles easy, 3-4x5 minutes mod/hard w/ 1 minute easy recovery, 1-2 miles easy OR -- ARE Lactate Threshold Workout	3-5 miles easy	3-4 miles easy	Rest	HM: 8-10 miles easy MAR: 12 miles easy	3-5 miles easy
4	February 14	February 20	Rest	2-4 miles easy	3-6 miles easy	2-4 miles easy	Rest	6-10 miles easy	3-6 miles easy
5	February 21	February 27	Rest	1-2 miles easy, 4-6x3 minutes fast (10k effort)/1 minute easy, 1-2 miles easy OR -- ARE Lactate Threshold Workout	4-6 miles easy	3-4 miles easy plus 4-6x15-20 second strides	Rest or 2-4 miles easy	HM: 8-10 miles w/ 2x10 minutes mod/hard w/ 2 minute easy between after warm-up MAR: 14 miles easy w/ 2x10 minutes mod/hard w/ 2 minute easy between after warm-up	3-6 miles easy
6	February 28	March 6	Rest	1-2 miles easy, 8-10x2 minutes fast (5k effort)/2 minutes recovery, 1-2 miles easy OR -- ARE VO2 Max Workout	4-6 miles easy	3-4 miles easy plus 4-6x15-20 second strides	Rest or 2-4 miles easy	10-12 miles easy w/ 4-5x3 minutes at 5 mile race pace w/ 1 minute easy between	3-6 miles easy
7	March 7	March 13	Rest	1-2 miles easy, 12-15x1 minute fast/1 minute easy (5 mile race pace getting faster), 1-2 miles easy OR -- ARE VO2 Max Workout	3-4 miles easy	Rest	2-4 miles easy plus 4-6x15 second strides	Electric City 5 Miler - Race! + 2 mile warm-up/2 mile cool-down	Rest or 3-6 miles easy
8	March 14	March 20	Rest	3-5 miles easy	4-8 miles easy	3-5 miles easy	Rest	HM: 5-10 miles easy MAR: 16 miles easy	3-6 miles easy
9	March 21	March 27	Rest	1-2 miles easy, 1/2/3/4/3/2/1 minutes mod/hard w/ 1 min recovery, 1-2 miles easy OR -- ARE Lactate Threshold Workout	3-5 miles easy	3-4 miles easy plus 4-6x15-20 second strides	Rest	HM: 10-14 miles easy w/ w/ 2-3x10 mins mod/hard effort on net downhill, 4 mins easy between each set MAR: 16-18 miles w/ 2-3x10 mins mod/hard effort on net downhill, 4 mins easy between each set	3-4 miles very easy or light cross-training

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Week	Week Start Date	Week End Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10	March 28	April 3	Rest	4-6 miles easy	6 miles easy/moderate	3-4 miles easy	Rest or 3-4 miles easy	HM: 10-12 miles easy, option to finish more moderate, around HM effort, if feeling good MAR: 12-14 miles easy	4-6 miles easy
11	April 4	April 10	Rest	1-2 miles easy, 8/6/4 or 6/4/2 minutes at half marathon (HM) effort, 2 mins easy recovery, 1-2 miles easy <i>OR -- ARE Lactate Threshold Workout</i>	4-6 miles easy	3-4 miles easy plus 4-6x15-20 second strides	Rest or 3-4 miles easy	HM: 6-8 miles easy/moderate MAR: 10-12 miles easy/moderate	4-6 miles easy
12	April 11	April 17	Rest	1-2 miles easy, 15 minutes at HM effort, 5 minutes faster, 1-2 miles easy	3-4 miles easy	Rest	20-30 minutes easy plus 6x15-20 second strides	Helderberg to Hudson Half Marathon + 1-2 mile warm-up/1 mile cool-down <i>Option to race the half or use the half to do a marathon effort workout aiming for a total of 8-12 miles at marathon effort.</i>	Rest
13	April 18	April 24	Rest	Rest or 2-4 miles easy	3-5 miles easy	3-4 miles easy	Rest	6-10 miles easy	3-4 miles easy
14	April 25	May 1	Rest	1-2 miles easy, 4-6x5 mins mod/hard, 1 min easy recovery, 1-2 miles easy <i>OR -- ARE Lactate Threshold Workout</i>	3-6 miles easy	3-6 miles easy	Rest or 3-4 miles easy	3-4 miles very easy plus 4x15-20 second strides	16-20 miles easy w/ 3-4x2 mile at marathon (M) effort/1 mile easy between
15	May 2	May 8	Rest	3-6 miles easy	4-8 miles easy	3-6 miles easy	Rest	3-4 miles very easy	18-22 miles easy
16	May 9	May 15	Rest	3-6 miles easy	6 miles easy/moderate	3-6 miles easy	Rest or 3-4 miles easy plus 4-6x20 second strides	12-14 miles easy w/ 6-10 miles at M effort	4-8 miles easy
17	May 16	May 22	Rest	1-2 miles easy, 8-12x2 mins at M effort/1 min easy, 1-2 miles easy <i>OR -- ARE Lactate Threshold Workout</i>	4-6 miles easy	3-4 miles easy	Rest	8-12 miles easy	3-5 miles easy plus 6x15-20 second strides
Race Week!	May 23	May 29	Rest	2 miles easy, 4x15 second strides/1 minute easy between each, 2 miles at marathon effort, 1-2 miles easy	3-5 miles easy	2-4 miles easy	Rest	15-20 minutes super easy plus 4x15-20 second strides	Miles on the Mohawk Marathon!

*Join the Albany Running Exchange (ARE) every Tuesday at 5:50pm at SUNY Albany for speed workouts designed by Coach Dick Vincent. Each week generally features two workout options: (1) a lactate threshold workout and (2) a VO2 max workout. Additional details about Tuesday track workouts can be found on the ARE website once you are a member. These workouts are held year round and are open to runners of all abilities and experience levels.