

Lindsey's Pocono Marathon Training Plan - May 16, 2010

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Intended Total	Actual Total
Week 1	5	0	4	rest	5	9.21	rest	24	23.21
January 11 -17	3	5	3	rest	5	8	rest/cross		
Week 2	3.97							23	3.97
January 18 - 24	3	5	3	rest	3	rest	9		
Week 3								22	0
January 25 - 31	3	5	3	5	rest	6	rest/cross		
Week 4								29	0
February 1 -7	3	6	3	6	rest	11	rest/cross		
Week 5								30	0
February 8 - 14	3	6	3	6	rest	12	rest/cross		
Week 6								26	0
February 15 - 21	3	5	3	6	rest	9	rest/cross		
Week 7								36	0
February 22 - 28	4	7	4	7	rest	14	rest/cross		
Week 8								37	0
March 1 -7	4	7	4	7	rest	15	rest/cross		
Week 9								31	0
March 8 - 14	4	5	4	7	rest	11	rest/cross		
Week 10								41	0
March 15 - 21	4	8	4	8	rest	17	rest/cross		
Week 11								44	0
March 22 - 28	5	8	5	8	rest	18	rest/cross		
Week 12								36	0
March 29 - April 4	5	5	5	8	rest	13	rest/cross		
Week 13								43	0
April 5 - 11	5	8	5	5	rest	20	rest/cross		
Week 14								35	0
April 12 - 18	5	5	5	8	rest	12	rest/cross		
Week 15								45	0
April 19 - 25	5	8	5	5	rest	rest	22		
Week 16								27	0
April 26 - May 2	cross	6	5	4	rest	12	rest/cross		
Week 17								24	0
May 3 - 9	4	5	4	3	rest	8	rest/cross		
Week 18								35.2	0
May 10 - 16	3	4	rest	2	rest	rest	26.2		
Totals								522.2	27.18

Red Numbers = Race Pace

What do I mean by "Race Pace?" It's a frequently asked question on my V-Boards, so let me explain. Race Pace is the pace you plan to run in the race you're training for. If you're training for a 4:00 marathon, your average pace per mile is 9:09. So you would run that same pace when asked to run Race Pace (sometimes stated simply as "Pace" on the training charts) in this program. If you were training for a 5-K or 10-K, "race pace" would be the pace you planned to run in those races. Sometimes in prescribing speedwork, I define paces for different workouts as 5-K pace or 10-K pace, but you won't be asked to run this fast in the Intermediate program.