

Foundation Group - Houston Marathon - Training Plan - 2022

Weeks To Go	Week Mon.-Sun.	Tuesday	Thursday	Weekend
26	7/20-7/26	EASY 3	EASY 4	5
25	7/27-8/2	EASY 3	EASY 4	5
24	8/3-8/9	EASY 4	EASY 5	6
23	8/10-8/16	EASY 4	EASY 5	6
22	8/17-8/23	3 with Fartleks	EASY 6	7
21	8/24-8/30	4 with Fartleks	EASY 6	6
20	8/31-9/6	5 with Fartleks	base tempo 1+1+1	7
19	9/7-9/13	6 with Fartleks	goal tempo 1+1+1	9
18	9/14-9/20	1wu+2x800+1cd	stretch tempo 1+1+1	11
17	9/21-9/27	1wu+3x800+1cd	EASY 6	9
16	9/28-10/4	1wu+2x1000+1cd	base tempo 1+1.5+1	10
15	10/5-10/11	1wu+3x1000+1cd	goal tempo 1+1.5+1	12
14	10/12-10/18	1wu+2x1200+1cd	stretch tempo 1+1.5+1	13
13	10/19-10/25	1wu+3x1200+cd	EASY 7	11
12	10/26-11/1	1wu+2x1600+1cd	base tempo 1+2+1	13
11	11/2-11/8	1wu+2x1600+1cd	goal tempo 1+2+1	16
10	11/9-11/15	1wu+4x800+1cd OR EASY 4 if racing	stretch tempo 1+2+1	15 or CYPRESS 1/2
9	11/16-11/22	1wu+4x800+1cd OR EASY 4 if raced	EASY 8	14
8	11/23-11/29	1wu+4x1200+1cd	base tempo 1+3+1	18
7	11/30-12/6	1wu+4x1200+1cd	goal tempo 1+3+1	20
6	12/7-12/13	1wu+3x1600+1cd	stretch tempo 1+3+1	18
5	12/14-12/20	1wu+3x1600+1cd	EASY 8	16
4	12/21-12/27	1wu+5x800+1cd	base tempo 1+4+1	20
3	12/28-1/3	1wu+5x800+1cd	goal tempo 1+4+1	14
2	1/4-1/10	1wu+3x800+1cd	stretch tempo 1+4+1	8
1	1/11-1/17	EASY 6	EASY 3	26.2!