

Chevron Houston Marathon

Weeks to Go	Week ends Saturday	Speed Workout	Tempo Workout	Long Run
27	Jul 10			5
26	Jul 17	4 miles with Fartleks	Easy 5 mile run	5
25	Jul 24	5 miles with Fartleks	Easy 5 mile run	6
24	Jul 31	5 miles with Fartleks	Easy 5 mile run	6
23	Aug 07	8*200m with 200m RI	Easy 5 mile run	6
22	Aug 14	10*200m with 200m RI	Easy 5 mile run	6
21	Aug 21	12*200m with 200m RI	Easy 6 mile run	7
20	Aug 28	Easy 6 mile run	Easy 6 mile run	8
19	Sep 04	¼ Mile Intervals: 8 x 400	base-tempo: 1 + 1 + 1	9
18	Sep 11	¼ Mile Intervals: 10 x 400	goal-tempo: 1 + 1 + 1	9
17	Sep 18	¼ Mile Intervals: 12 x 400	stretch-tempo: 1 + 1 + 1	10
16	Sep 25	Easy 6 mile run	Easy 6 mile run	10
15	Oct 02	½ Mile Intervals: 6 x 800	base-tempo: 1.5 + 1.5 + 1.5	6
14	Oct 09	½ Mile Intervals: 8 x 800	goal-tempo: 1.5 + 1.5 + 1.5	8
13	Oct 16	½ Mile Intervals: 10 x 800	stretch-tempo: 1.5 + 1.5 + 1.5	10
12	Oct 23	Easy 6 mile run	Easy 6 mile run	12
11	Oct 30	¾ Mile Intervals: 4 x 1200	base-tempo: 2 + 2	14
10	Nov 06	¾ Mile Intervals: 5 x 1200	goal-tempo: 2 + 2	16
9	Nov 13	¾ Mile Intervals: 6 x 1200	stretch-tempo: 2 + 2	18
8	Nov 20	Easy 6 mile run	Easy 6 mile run	14
7	Nov 27	1 Mile Intervals: 2 x 1600	base-tempo: 1 + 3	18
6	Dec 04	1 Mile Intervals: 3 x 1600	goal-tempo: 1 + 3	20
5	Dec 11	1 Mile Intervals: 4 x 1600	stretch-tempo: 1 + 3	16
4	Dec 18	Easy 6 mile run	Easy 6 mile run	18
3	Dec 25	Flat Pyramid: 200, 400, 800, 1200, 1200, 800, 400, 200	base-tempo: 4	20
2	Jan 01	Full Pyramid: 400, 800, 1200, 1600, 1200, 800, 400	goal-tempo: 4	14
1	Jan 08	Inverse Pyramid: 1600, 1200, 800, 400, 800, 1200, 1600	stretch-tempo: 4	8
0	Jan 15	Easy 6 mile run	Easy 3 mile run	MARATHON

* all speed and tempo workouts should include at least a 1-mile warm-up and cool-down jog at conversational pace and 200m/1 minute rest between each interval.

Conversational	Interval/Speed		Tempo Training			Race Projections					
	>800m	<=800m	Base	Goal	Stretch	Marathon		½ Marathon		10K	
11:45	09:15	09:00	10:15	10:00	09:45	11:30	05:01	10:15	02:14	09:45	01:00
11:30	09:00	08:45	10:00	09:45	09:30	11:15	04:55	10:00	02:11	09:30	00:59
11:15	08:45	08:30	09:45	09:30	09:15	11:00	04:48	09:45	02:08	09:15	00:57
11:00	08:30	08:15	09:30	09:15	09:00	10:45	04:42	09:30	02:04	09:00	00:56
10:45	08:15	08:00	09:15	09:00	08:45	10:30	04:35	09:15	02:01	08:45	00:54
10:30	08:00	07:45	09:00	08:45	08:30	10:15	04:29	09:00	01:58	08:30	00:53
10:15	07:45	07:30	08:45	08:30	08:15	10:00	04:22	08:45	01:55	08:15	00:51
10:00	07:30	07:15	08:30	08:15	08:00	09:45	04:15	08:30	01:51	08:00	00:50
09:45	07:15	07:00	08:15	08:00	07:45	09:30	04:09	08:15	01:48	07:45	00:48
09:30	07:00	06:45	08:00	07:45	07:30	09:15	04:02	08:00	01:45	07:30	00:46