

Mon thru Sunday	Week	Key Run #1	Key Run 2	Key Run 3
CIM Marathon 2011				
Weeks to Go 16 of 16 August 15 - 21	1/16	10 – 20 min warm-up 3 X 1600m with 1 min RI 10 minute cool down	6 mile run 2 miles easy 2 miles at tempo pace 2 miles easy	13 miles at PMP +30 secs
Weeks to Go 15 of 16 August 22 - 28	2/15	10 – 20 min warm-up 4 X 800m with 2 min RI 10 min cool down	7 mile run 1 mile easy 5 miles at tempo pace 1 mile easy	15 miles at PMP +45 secs
Weeks to Go 14 of 16 August 29 – Sep 4	3/14	10 – 20 min warm-up 1200m, 1000m, 800m, 600m, 400m, all with 200m RI 10 min cool down	7 mile run 1 mile easy 5 miles at tempo pace 1 mile easy	17 miles at PMP +45 secs
Weeks to Go 13 of 16 September 5 - 11	4/13	10 – 20 min warm-up 5 X 1000 with 400m RI 10 min cool down	6 mile run 1 mile easy 4 miles at tempo pace 1 mile easy	20 miles at PMP +60 secs
Weeks to Go 12 of 16 September 12 - 18	5/12	10 – 20 min warm-up 3 X 1600m with 1 min RI 10 min cool down	6 mile run 2 miles easy 3 miles at tempo pace 1 mile easy	18 miles at PMP +45 secs
Weeks to Go 11 of 16 September 18 - 24	6/11	10 – 20 min warm-up 2 X 1200m with 2 min RI 4 X 800m with 2 min RI 10 min cool down	6 mile run 1 mile easy 5 miles at tempo pace	20 miles at PMP +45 secs
Weeks to Go 10 of 16 September 25 – Oct 2	7/10	10 – 20 min warm-up 6 X 800m with 1:30 RI 10 min cool down	8 mile run 1 mile easy 6 miles at tempo pace 1 mile easy	13 miles at PMP +15 secs
Weeks to Go 9 of 16 October 3 - 9	8/9	10 – 20 min warm-up 2 X (6 X 400m with 1:30 min RI) (2:30 min between sets) 10 min cool down	6 mile run 2 miles easy 3 miles at tempo pace 1 mile easy	18 miles at PMP +30 secs
Weeks to Go 8 of 16 October 10 - 16	9/8	10 – 20 min warm-up 1600m with 400m RI 3200m with 800m RI 2 X 800m with 400m RI 10 min cool down	6 mile run 1 mile easy 4 miles at tempo pace 1 mile easy	20 miles at PMP + 30 secs
Weeks to Go 7 of 16 Oct 17 - 23	10/7	10 – 20 min warm-up 3 X (2 X 1200) 2 min RI (4 min between sets) 10 min cool down	11 mile run 1 mile easy 10 miles at PMP	15 miles at PMP +20 secs
Weeks to Go 6 of 16 October 24 - 30	11/6	10 – 20 min warm-up 10 min cool down	6 mile run 1 mile easy 5 miles at tempo pace	20 miles at PMP +30 secs
Weeks to Go 5 of 16 October 31 - Nov 6	12/5	10 – 20 min warm-up 10 min cool down	11 mile run: 1 mile easy 10 miles at PMP	15 miles at PMP + 10 secs
Weeks to Go 4 of 16 November 7 - 13	13/4	10 – 20 min warm-up 10 min cool down	8 mile run: 1 mile easy 7 miles at PMP	20 miles at PMP +15 secs
Weeks to Go	14/3	10 – 20 min warm-up	6 mile run:	13 miles

3 of 16 November 14 - 20		8 X 800 with 1:30 RI 10 min cool down	1 mile easy 5 miles at tempo pace	at PMP
Weeks to Go 2 of 16 November 21 – 27	15/2	10 – 20 min warm-up 5 X 1000m with 4—m RI 10 min cool down	6 miles run: 2 miles easy, 3 miles at tempo pace 1 mile easy	10 miles at PMP
Weeks to Go 1 of 16 November 28 – Dec 4	16/1	10 – 20 min warm-up 6 X 400 10 min cool-down	3 mile run: 1 mile easy 2 miles at PMP	MARATHON DAY Run 26.2!

PMP = Planned Marathon Pace

RI = Rest Interval