# Marathon Advanced

**SLAINTE FITNESS**

The main difference between the Advanced 1 program and the novice and intermediate programs that precede it is speed work: a mixture of hill repeats, interval training, and tempo runs.

*Add strength on Mon/Wed

| Week | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|------|------|------|------|-------|-----|-----|-----|
| 1 | 3 mile run | 5-mile run | 3-mile run | 3 X hill | Rest | 5-mile pace | 10-mile run |
| 2 | 3-mile run | 5-mile run | 3-mile run | 30-min. tempo | Rest | 5-mile run | 11-mile run |
| 3 | 3-mile run | 6-mile run | 3-mile run | 4 X 800 | Rest | 6-mile pace | 8-mile run |
| 4 | 3-mile run | 6-mile run | 3-mile run | 4 X hill | Rest | 6-mile pace | 13-mile run |
| 5 | 3-mile run | 7-mile run | 3-mile run | 35-min. tempo | Rest | 7-mile run | 14-mile run |
| 6 | 3-mile run | 7-mile run | 3-mile run | 5 X 800 | Rest | 7-mile pace | 10-mile run |
| 7 | 3-mile run | 8-mile run | 4-mile run | 5 X hill | Rest | 8-mile pace | 16-mile run |
| 8 | 3-mile run | 8-mile run | 4-mile run | 40-min. tempo | Rest | 8-mile run | 17-mile run |
| 9 | 3-mile run | 9-mile run | 4-mile run | 6 X 800 | Rest | Rest | **Half Marathon** |
| 10 | 3-mile run | 9-mile run | 4-mile run | 6 X hill | Rest | 9-mile pace | 19-mile run |
| 11 | 4-mile run | 10-mile run | 5-mile run | 45-min. tempo | Rest | 10-mile run | 20-mile run |
| 12 | 4-mile run | 6-mile run | 5-mile run | 7 X 800 | Rest | 6-mile pace | 12-mile run |
| 13 | 4-mile run | 10-mile run | 5-mile run | 7 X hill | Rest | 10-mile pace | 20-mile run |
| 14 | 5-mile run | 6-mile run | 5-mile run | 45-min. tempo | Rest | 6-mile run | 12-mile run |
| 15 | 5-mile run | 10-mile run | 5-mile run | 8 X 800 | Rest | 10-mile pace | 20-mile run |
| 16 | 5-mile run | 8-mile run | 5-mile run | 6 X hill | Rest | 4-mile pace | 12-mile run |
| 17 | 4-mile run | 6-mile run | 4-mile run | 30-min. tempo | Rest | 4-mile run | 8-mile run |
| 18 | 3-mile run | 4 X 400 | 2-mile run | Rest | Rest | 2-mile run | **Marathon** |