



2-3 days per week Marathon Peaking Plan (Endurance Monster Version)

14	Progression Long Run: 90 min (30 min LR pace, 30 min Goal Marathon Pace, 30 min FAST!)	Previous LRs for endurance. This one for effort progression. Last 30 min should feel like a 10K race. Test gear & nutrition. Visualize strong marathon finish! Use mcmillanrunning.com to calculate paces
13	OFF - Complete recovery; recharge mentally; allow fuel stores to build; veg out	Rest is often neglected. During rest your body becomes stronger & ready for a peak performance. Today is complete day off from all activity. Just rest, eat well & forget about the marathon.
12	20-40 min Easy Run or OFF	Pleasant route. Nice & gentle. Visit www.mcmillanrunning.com/tips
11	30-45 min Easy Run OR Cross-Train	Run easy or take this day off. Allow the body & mind to rest. Check race day weather. Research race site restaurants. Re-live best LR.
10	Tempo Run: 20-30 min	Warm up & cool down w/ 10-15 min easy running. These medium-effort continuous run work well for endurance-oriented runners. Test shoes & gear. Think smooth & relaxed while running. Visualize beautiful running form. Review paces at www.mcmillanrunning.com
9	OFF - Complete recovery	Take this day off. Allow the body & mind to rest.
8	30-40 min Easy Run OR Cross-Train	Run easy or take this day off. Allow the body & mind to rest. Check race day weather. Review course map & race plan.
7	12 miles total: 6 miles Easy Run + 6 Miles at Goal Marathon Pace	This is your final marathon LR. Test shoes, gear & nutrition plan. How relaxed can you run at marathon pace?
6	OFF - Complete recovery	Schedule a diversion so you don't think about the marathon.
5	ER w/ Pace Change: 4-5 x 30 sec at ~10K pace w/ 1 min easy jog	Warm up & cool down w/ 10-15 min easy running. Faster repeats improve running economy & ramp up readiness for the marathon. Alternate fast, relaxed running w/ easy jogging. Don't push too hard.
4	Tempo Run: 10-20 min	Warm up & cool down w/ 10-15 min easy running. More Medium-effort running to groove relaxed rhythm. Final test of marathon shoes & gear. Re-live previous awesome runs. Review race plan.
3	20-40 min Easy Run or OFF	Nice & gentle. Good fuel. Check race weather. Make final packing list.
2	OFF or Cross-Train	Often travel day, take day off or just cross-train at easy effort for no more than 30 min. Allow the body & mind to rest. Good nutrition.
1	30 min Easy Run OR Cross-Train	I like to jog for an easy jog the day before. Helps calm the nerves & make the day go by faster. Repeat, "I am ready" throughout day.
0	Race Day! Smile & enjoy	Can't wait to hear how it goes - coachgreg@mcmillanrunning.com