

Plan B is ideal for:

Runners who are comfortable racing the marathon distance and have completed a marathon in the past year.

Recommended base prior to beginning Plan B:

Consistently running 4 or more days a week, for at least 6 months

Comfortable running 12 mile long runs, and running a minimum of 26-30 miles a week.

Comfortable running hills and tempo runs

Cross Training

Adding strength training and/or cross training to your running routine can make a big difference in your overall fitness level and ability to fend off injuries. Low impact cross training such as swimming and cycling are good choices. A strength training workout that focuses on upper body, core, and hip strengthening is also a good choice. With strength training workouts, dial it back a little. A little soreness and fatigue the next day is okay, but you should not be so sore and tired that it significantly affects your run. If you are super pressed for time, or traveling, you can substitute the quick and easy BASIC 5 on occasions.

Tuesday Tempo Run

Get comfortable being uncomfortable. Tuesday is the day to push yourself out of your comfort zone. Tempo pace is a pace that is comfortably hard. You can hear your breathing, but aren't gasping for air.

Wednesday Strength and/or Cross Training + Run

On Wednesdays you will do both strength training and a short run. Ideally, either run first, or separate your run and strength training by a minimum of 6-8 hours.

Thursday Moderate Run

Thursday's effort level should be harder than a conversational or recovery run, but not quite as hard as a tempo run or speed work. There are multiple ways to accomplish this. Running a hilly route is a good option to build leg strength, or run a few hill repeats towards the end of your run. You could also run your standard route, but at a pace slightly faster than conversational. On weeks you feel a bit beat up, the Thursday run can be at a conversational pace.

Saturday Long Run

The Saturday long run is the key workout for the week. Some of these runs will include a workout - keep an eye on the weekly notes to see what you should be doing!

Sunday Recovery Run

Get moving on Sunday to work out any stiffness or soreness from the Saturday long run. Ideally, this is a run, but it's okay to occasionally substitute a hike with the family or other activity that gets your whole body moving.

Moving Days Around

Life happens. Sometimes you may need to move runs around. We recommend looking at your weekly schedule every Sunday evening, and planning into your week when you are going to do your runs. Consistency is the key factor to success in running. It is okay to move your weekday runs to other days within these rules:

Don't run more than three days in a row.

Keep a minimum of one day between a tempo or moderate run and a long run. (e.g. tempo on Thursday, long on Saturday)

If you absolutely must drop a run for a week, drop the Wednesday run mileage.

If you have further questions about what to do, please ask your coach.

Other Races

There are a number of fall races on the FSRC Calendar – Run for the Pie, Women's Distance Festival, and Market Street Mile. These races are built into the training plan automatically. If you choose not to race any of these, please speak to your coaches about how to adjust your weekend mileage.

Phase	Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly Mileage
Base	1	7/6-7/12	Rest or cross-training	5 miles CP + 5 strides	4 miles CP	5 miles MOD	REST	10 miles	4 miles RR	28 miles
	2	7/13-7/19	Rest or cross-training	5 miles CP + 5 strides	4 miles CP	5 miles MOD	REST	Run for the Pie 10K	11 miles CP	29 miles
	3	7/20-7/26	Rest or cross-training	6 miles CP + 5 strides	4 miles CP	5 miles MOD	REST	12 miles	4 miles RR	31 miles

Phase	Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly Mileage
Build	4	7/27-8/2	Rest or cross-training	5 miles CP	4 miles CP	4 miles CP	REST	WDF 5K	9 miles CP	26 miles
	5	8/3-8/9	Rest or cross-training	6 miles [first workout]	4 miles CP	6 miles MOD	REST	13 miles	4 miles RR	33 miles
	6	8/10-8/16	Rest or cross-training	6 miles [workout]	4 miles CP	6 miles MOD	REST	15 miles	4 miles RR	35 miles
	7	8/17-8/23	Rest or cross-training	7 miles [workout]	4 miles CP	6 miles MOD	REST	16 miles	4 miles RR	37 miles
	8	8/24-8/30	Rest or cross-training	7 miles [workout]	4 miles CP	6 miles MOD	REST	17 miles	4 miles RR	38 miles
	9	8/31-9/6	Rest or cross-training	7 miles [workout]	4 miles CP	6 miles MOD	REST	MSM	18 miles CP	39 miles
	10	9/7-9/13	Rest or cross-training	7 miles [workout]	4 miles CP	6 miles MOD	REST	19 miles	4 miles RR	40 miles
	11	9/14-9/20	Rest or cross-training	5 miles CP	4 miles CP	4 miles CP	REST	13 miles CP	4 miles RR	30 miles

Phase	Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly Mileage
Peak	12	9/21-9/27	Rest or cross-training	7 miles [workout]	4 miles CP	6 miles MOD	REST	20 miles	4 miles RR	41 miles
	13	9/28-10/4	Rest or cross-training	6 miles [workout]	4 miles CP	6 miles MOD	REST	14 miles	4 miles RR	34 miles
	14	10/5-10/11	Rest or cross-training	7 miles [workout]	4 miles CP	6 miles MOD	REST	16 miles	4 miles RR	37 miles

Phase	Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly Mileage
Taper	15	10/12-10/18	REST	5 miles CP + 5 strides	4 miles CP	4 miles CP	REST	7 miles CP	4 miles RR	24 miles
	16	10/19-10/25	REST	4 miles CP	REST	3 miles CP	REST	Rest or 3 miles shakout	RACE DAY	

CP = Conversational Pace

CP should be your easy run pace - you should be able to carry on a full conversation while moving at this pace. If that means taking walk breaks, take them! 3-4/10 RPE.

Strides = short bursts of faster running

Stride are done by feel - there is not a certain pace or goal you need to hit here. The important thing is to increase the effort and get your legs turning over. If you need a pace goal, think 5k pace, not an all out sprint.

RR = Recovery Run

Extra easy run - effort of 2/10 RPE.

MOD = Moderate Effort

Slightly harder than conversational pace. Do 1 mile warmup, 4 miles moderate effort 5/10 RPE, 1 mile cooldown