2023 Mileage Master Full Marathon Training Schedule

Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Jun 12	Off	5	5	4	3	7	6	30
Jun 19	Off	5	5	4	3	8 GP 5	6	31
Jun 26	Off	4 Speed 2.5	5	5	3	9	7	33
Jul 3	Off	5	5	5	3	10 GP 5	8	36
Jul 10	Off	6 Speed 3	5	3	3	12	9	38
Jul 17	Off	7	5	6	5	10 GP 5	7	40
Jul 24	Off	7 speed 3	5	4	4	14	10	44
Jul 31	Off	8	5	5	6	12	9	45
Aug 7	5	7	5	6	Off	16 GP 8	4	43
Aug 14	Off	6	5	8	7	12	9	47
Aug 21	5	6 Speed 3	5	4	Off	18	5	43
Aug 28	Off	7	5	8	5	13 GP 7	6	44
Sep 4	6	7	5	8	Off	20	4	50
Sep 11	Off	8 speed 4	5	6	6	12 GP 6	8	45
Sep 18	6	7	5	8	Off	20	4	50
Sep 25	Off	8	5	8	5	12 GP 6	7	45
Oct 2	6	6	5	4	Off	8	3	32
Oct 9	4	4	3	off	3	26.2	Rest	14 + Race

This is for veteran runners with a weekly base of 25 plus miles per week. This program peaks at 50 miles per week. This requires a larger time commitment and a solid base to start. To be successful with this program strength training and track workouts are essential.

GP = Number of Miles to be ran at Goal Pace

Speed = number of miles of interval (800m or 1000 m or hill repeats) of the daily mileage