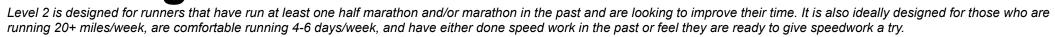
## Training Plan: Level 2

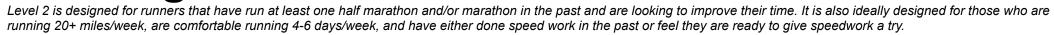






| Week | Week Start Date | Week End Date | Monday | Tuesday   | Wednesday      | Thursday                                     | Friday                                    | Saturday   | Sunday                                      |
|------|-----------------|---------------|--------|---|----------------|--|---|--|---|
| 1    | January 24      | January 30    | Rest   | 3-4 miles easy  | 3-5 miles easy | 3-4 miles easy                               | Rest                                      | 5-8 miles easy   | 3-4 miles easy                              |
| 2    | January 31      | February 6    | Rest   | 1-2 miles easy, 6-8x2 minute gradual hills mod/hard w/ jog down recovery, 1-2 miles easy  OR ARE Lactate Threshold Workout* | 3-5 miles easy | 3-5 miles easy                               | Rest                                      | HM: 6-8 miles easy w/ 15 minutes at tempo after warm-up  MAR: 10 miles easy w/ 15 minutes at tempo after   | 3-4 miles easy                              |
|      |                 |               |        |   |                |  |   | warm-up  |   |
| 3    | February 7      | February 13   | Rest   | 1-2 miles easy, 3-4x5 minutes mod/hard w/ 1 minute easy recovery, 1-2 miles easy  OR ARE Lactate Threshold Workout          | 3-5 miles easy | 3-4 miles easy                               | Rest                                      | HM: 8-10 miles easy  MAR: 12 miles easy  | 3-5 miles easy                              |
| 4    | February 14     | February 20   | Rest   | 2-4 miles easy  | 3-6 miles easy | 2-4 miles easy                               | Rest                                      | 6-10 miles easy  | 3-6 miles easy                              |
| 5    | February 21     | February 27   | Rest   | 1-2 miles easy, 4-6x3 minutes fast (10k effort)/1 minute easy, 1-2 miles easy  OR ARE Lactate Threshold Workout             | 4-6 miles easy | 3-4 miles easy plus 4-6x15-20 second strides | Rest or 2-4 miles easy                    | HM: 8-10 miles w/ 2x10 minutes mod/hard w/ 2 minute easy between after warm-up  MAR: 14 miles easy w/ 2x10 minutes mod/hard w/ 2 minute easy between after warm-up | 3-6 miles easy                              |
| 6    | February 28     | March 6       | Rest   | 1-2 miles easy, 8-10x2 minutes fast (5k effort)/2 minutes recovery, 1-2 miles easy  OR ARE VO2 Max Workout                  | 4-6 miles easy | 3-4 miles easy plus 4-6x15-20 second strides | Rest or 2-4 miles easy                    | 10-12 miles easy w/ 4-5x3 minutes at 5 mile race pace w/ 1 minute easy between   | 3-6 miles easy                              |
| 7    | March 7         | March 13      | Rest   | 1-2 miles easy, 12-15x1 minute fast/1 minute easy (5 mile race pace getting faster), 1-2 miles easy  OR ARE VO2 Max Workout | 3-4 miles easy | Rest   | 2-4 miles easy plus 4-6x15 second strides | Electric City 5 Miler - Race!<br>+ 2 mile warm-up/2 mile<br>cool-down  | Rest or 3-6 miles easy                      |
| 8    | March 14        | March 20      | Rest   | 3-5 miles easy  | 4-8 miles easy | 3-5 miles easy                               | Rest                                      | HM: 5-10 miles easy  | 3-6 miles easy                              |
|      |                 |               |        |   |                |  |   | MAR:16 miles easy  |   |
| 9    | March 21        | March 27      | Rest   | 1-2 miles easy, 1/2/3/4/3/2/1 minutes mod/hard w/ 1 min recovery, 1-2 miles easy  OR ARE Lactate Threshold Workout          | 3-5 miles easy | 3-4 miles easy plus 4-6x15-20 second strides | Rest                                      | •  | 3-4 miles very easy or light cross-training |

## **Training Plan: Level 2**







| Week       | Week Start Date | Week End Date | Monday | Tuesday   | Wednesday             | Thursday                                     | Friday   | Saturday  | Sunday  |
|------------|-----------------|---------------|--------|---|-----------------------|--|--|---|---|
| 10         | March 28        | April 3       | Rest   | 4-6 miles easy  | 6 miles easy/moderate | 3-4 miles easy                               | Rest or 3-4 miles easy                               | HM: 10-12 miles easy, option to finish more moderate, around HM effort, if feeling good  MAR: 12-14 miles easy  | 4-6 miles easy  |
| 11         | April 4         | April 10      | Rest   | 1-2 miles easy, 8/6/4 or 6/4/2 minutes at half marathon (HM) effort, 2 mins easy recovery, 1-2 miles easy  OR ARE Lactate Threshold Workout | 4-6 miles easy        | 3-4 miles easy plus 4-6x15-20 second strides | Rest or 3-4 miles easy                               | HM: 6-8 miles<br>easy/moderate  MAR: 10-12 miles<br>easy/moderate   | 4-6 miles easy  |
| 12         | April 11        | April 17      | Rest   | 1-2 miles easy, 15 minutes at HM effort, 5 minutes faster, 1-2 miles easy   | 3-4 miles easy        | Rest   | 20-30 minutes easy<br>plus 6x15-20 second<br>strides | Helderberg to Hudson Half<br>Marathon + 1-2 mile warm-<br>up/1 mile cool-down  Option to race the half or use<br>the half to do a marathon<br>effort workout aiming for a<br>total of 8-12 miles at<br>marathon effort. |   |
| 13         | April 18        | April 24      | Rest   | Rest or 2-4 miles easy  | 3-5 miles easy        | 3-4 miles easy                               | Rest   | 6-10 miles easy   | 3-4 miles easy  |
| 14         | April 25        | May 1         | Rest   | 1-2 miles easy, 4-6x5 mins mod/hard, 1 min easy recovery, 1-2 miles easy  OR ARE Lactate Threshold Workout                                  | 3-6 miles easy        | 3-6 miles easy                               | Rest or 3-4 miles easy                               | 3-4 miles very easy plus<br>4x15-20 second strides  | 16-20 miles easy w/ 3-<br>4x2 mile at marathon<br>(M) effort/1 mile easy<br>between |
| 15         | May 2           | May 8         | Rest   | 3-6 miles easy  | 4-8 miles easy        | 3-6 miles easy                               | Rest   | 3-4 miles very easy   | 18-22 miles easy  |
| 16         | May 9           | May 15        | Rest   | 3-6 miles easy  | 6 miles easy/moderate | 3-6 miles easy                               | Rest or 3-4 miles easy plus 4-6x20 second strides    | 12-14 miles easy w/ 6-10 miles at M effort  | 4-8 miles easy  |
| 17         | May 16          | May 22        | Rest   | 1-2 miles easy, 8-12x2 mins at M effort/1 min easy, 1-2 miles easy  OR ARE Lactate Threshold Workout  | 4-6 miles easy        | 3-4 miles easy                               | Rest   | 8-12 miles easy   | 3-5 miles easy plus<br>6x15-20 second strides                                       |
| Race Week! | May 23          | May 29        | Rest   | 2 miles easy, 4x15 second<br>strides/1 minute easy between<br>each, 2 miles at marathon effort,<br>1-2 miles easy                           | 3-5 miles easy        | 2-4 miles easy                               | Rest   | 15-20 minutes super easy plus 4x15-20 second strides  | Miles on the Mohawk<br>Marathon!  |

<sup>\*</sup>Join the Albany Running Exchange (ARE) every Tuesday at 5:50pm at SUNY Albany for speed workouts designed by Coach Dick Vincent. Each week generally features two workout options: (1) a lactate threshold workout and (2) a VO2 max workout. Additional details about Tuesday track workouts can be found on the ARE website once you are a member. These workouts are held year round and are open to runners of all abilities and experience levels.