

Training Plan - Pete Pfitzinger - Marathon 70 Mi 18 Wk

Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL
Jun 08	Rest	8 Mi w/ 10x100m	11 Mi	5 Mi	9 Mi	5 Mi	15 Mi	53 Mi
Jun 15	Rest	8 Mi w/ 10x100m	12 Mi	5 Mi	9 Mi	5 Mi	17 Mi	56 Mi
Jun 22	Rest	9 Mi w/ 4 Mi	13 Mi	5 Mi	11 Mi	5 Mi	15 Mi	58 Mi
Jun 29	Rest	9 Mi w/ 10x100m	14 Mi	5 Mi	11 Mi	5 Mi	18 Mi	62 Mi
Jul 06	Rest	9 Mi w/ 4 Mi	14 Mi	5 Mi	12 Mi	5 Mi	20 Mi	65 Mi
Jul 13	Rest	8 Mi w/ 10x100m	12 Mi	5 Mi	11 Mi	5 Mi	14 Mi	55 Mi
Jul 20	Rest	10 Mi w/ 5 Mi	14 Mi	5 Mi	11 Mi	8 Mi w/ 10x100m	21 Mi	69 Mi
Jul 27	Rest	4 Mi 6 Mi	14 Mi	5 Mi	11 Mi w/ 6 Mi	6 Mi	20 Mi	66 Mi
Aug 03	Rest	6 Mi 4 Mi	15 Mi	6 Mi	13 Mi	7 Mi w/ 6x100m	15 Mi w/ 12 Mi	66 Mi
Aug 10	Rest	10 Mi	9 Mi w/ 6x600m	6 Mi	11 Mi	8 Mi w/ 10x100m	15 Mi	59 Mi
Aug 17	Rest	4 Mi 6 Mi	15 Mi	6 Mi	12 Mi w/ 7 Mi	5 Mi	22 Mi	70 Mi
Aug 24	Rest	9 Mi w/ 5x600m	14 Mi	4 Mi 6 Mi w/ 6x100m	5 Mi	8-15K Race	18 Mi	68 Mi
Aug 31	Rest	11 Mi w/ 6x1000m	15 Mi	4 Mi 6 Mi	12 Mi	5 Mi	17 Mi w/ 14 Mi	70 Mi
Sep 07	Rest	9 Mi w/ 5x600m	13 Mi	6 Mi w/ 6x100m	5 Mi	8-15K Race	18 Mi	63 Mi
Sep 14	Rest	4 Mi 6 Mi	11 Mi w/ 6x1200m	14 Mi	8 Mi w/ 6x100m	5 Mi	20 Mi	68 Mi
Sep 21	Rest	7 Mi w/ 8x100m	12 Mi	6 Mi w/ 6x100m	5 Mi	8-10K Race	17 Mi	56 Mi
Sep 28	Rest	8 Mi w/ 8x100m	5 Mi	8 Mi w/ 3x1600m	5 Mi	7 Mi w/ 8x100m	13 Mi	46 Mi
Oct 05	Rest	5 Mi 4 Mi	7 Mi w/ 2Mi	5 Mi	5 Mi w/ 6x100m	4 Mi	Goal Marathon	56.2 Mi

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Art Liberman



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