

**Dashing Whippets 2025 Training  
Plan for the Jersey City Marathon  
(Advanced Plan)**

This *advanced* 15-week plan helps runners prepare for the Jersey City Marathon. Experienced runners should have logged at least 40 miles per week for at least a month before beginning this plan and feel

**Overview:** comfortable with completing two workouts per week throughout the cycle

Week	Purpose	Monday Recovery Run	Tuesday Long interval workout	Wednesday REST, easy run, or cross train	Thursday Short interval workout	Friday REST, easy run, or cross train	Saturday Long run	Sunday REST, easy run, or cross train				
30-Dec	Lactate Threshold, Endurance, VO2Max	45-55 min easy with strides/ drills	2M w/u; 3-6 x 1 Mile @ Lactate Threshold w/ 90 sec recovery; 2M c/d	Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills	2M w/u, 2 x (8 x 200) @ mile pace w/ equal part recovery, 800m recovery between 2 sets, 2M c/d	REST or up to 45 min easy with strides/ drills	12-16 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills				
1 6-Jan								2M w/u; 2 x 1 Mile @ Threshold + 2-4 x 1k @ Threshold; 2M c/d	2M w/u, 3-4 x 200/200/400 @ mile pace w/ equal part recovery, 2M c/d	REST or up to 45 min easy with strides/ drills	13-17 Miles @ long run pace *Advanced Option to include MP Miles up to 15% of weekly volume	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
2 13-Jan								2M w/u, 3 x 2K @ Threshold + 3 x 1K @ Threshold, 2M c/d	2M w/u, 5-8 x 800m @ 5k w/ 400m Recovery, 2M c/d	REST or up to 45 min easy with strides/ drills	14-18 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
3 20-Jan								2M w/u; 3-6 Miles @ HMP; 2M c/d	2M w/u, 3-4 x 1000m @ 5k w/ 600m Recovery + 4 x 200 @ mile pace, 2M c/d	REST or up to 45 min easy with strides/ drills	Racers: REST or up to 30 min easy with strides/ drills Non Racers: 12- 16 Miles @ Long Run Pace	Fred Lebow Half
4 27-Jan								2M w/u, 8-12 x .25 Mile Hill Repeats @ HMP (equal part recovery), 2M c/d	2M w/u, 2 x (4 x 400) @ Mile, 800m recovery between, 2M c/d	REST or up to 45 min easy with strides/ drills	Racers: Racers: REST or up to 30 min easy with strides/ drills Non racers: 14 to 18 Miles @ Long Run Pace	Manhattan 10K
5 3-Feb								2M w/u; 2-3 x 2 Mile @ Threshold w/ 2 min recovery; 2M c/d	2M w/u; 5-8 x 600 @ 5K, 400m recovery; 2M c/d	REST or up to 45 min easy with strides/ drills	15 to 19 Miles *Option to include MP Miles up to 15% of weekly volume	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
6 10-Feb								2M w/u, 6-8 Miles @ MP, 2M c/d	2M w/u, 6 x 400 w/ 400 recovery + 8 x 200 w/ 200 recovery, 2M c/d	REST or up to 45 min easy with strides/ drills	16 to 20 Miles	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
7												

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Week	Purpose	Monday Recovery Run	Tuesday Long interval workout	Wednesday REST, easy run, or cross train	Thursday Short interval workout	Friday REST, easy run, or cross train	Saturday Long run	Sunday REST, easy run, or cross train
17-Feb  8	Lactate Threshold, Endurance, Anerobic Capacity	50-60 min easy with strides/ drills	2M w/u, 3 Miles @ MP, 5 min Easy, 2 Miles @ HMP, 5 min Easy, 1 Mile @ Threshold, 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u; 4-5 x 1600m @ 10K, 400m recovery; 2M c/d	REST or up to 45 min easy with strides/ drills	14 to 18 Miles @ long run pace *Option to include MP Miles up to 15% of weekly volume	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
24-Feb  9	Lactate Threshold, Endurance, Anerobic Capacity	50-60 min easy with strides/ drills	2M w/u, 8-12 x .25 Mile Hill Repeats @ HMP (equal part recovery), 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 4 x 200 + 2-3 Miles Threshold + 4 x 200 Racers: Run Easy	REST or up to 45 min easy with strides/ drills	16 to 20 Miles @ long run pace	Washington Heights 5k
3-Mar  10	Specific Prep, Sub Threshold, Lactate Buffering	50-60 min easy with strides/ drills	2M w/u, 6-10 Miles @ MP, 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 6-8 x 800 @ 5K, 400m recovery, 2M c/d	REST or up to 45 min easy with strides/ drills	17 to 21 Miles @ long run pace	
10-Mar  11	Specific Prep, Sub Threshold, Lactate Buffering	50-60 min easy with strides/ drills	2M w/u, 4-5 x 2K @ Lactate Threshold, 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u; 4 x 1200m @ 10K, 400m recovery + 4 x 400 @ 5K, 200m Recovery; 2M c/d	REST or up to 45 min easy with strides/ drills	14-16 Miles *Option to include MP Miles up to 15% of weekly volume	NYC Half
3/17  12	Specific Prep, Sub Threshold, Lactate Buffering	50-60 min easy with strides/ drills	2M w/u, 6-10 Miles @ MP, 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 4-6 x 1000m @ 5K (600m Recovery), 2M c/d	REST or up to 45 min easy with strides/ drills	18 to 22 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
3/24  13	Specific Prep, Sub Threshold, Lactate Buffering	50-60 min easy with strides/ drills	2M w/u, 8-12 x .25 Mile Hill Repeats @ HMP (equal part recovery), 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 6-8 x 800 @ 10K, 400m recovery, 2M c/d	REST or up to 45 min easy with strides/ drills	18 to 20 miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
31-Mar  14	Specific Prep, Sub Threshold, Lactate Buffering	45-55 min easy with strides/ drills	10 Miles w/ 6 @ MP	Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills	50-60 min easy with strides/ drills	REST	10 - 12 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
7-Apr  15	Lactate clearance	30 min easy with strides/ drills	45-50 min easy w/ last 2 Miles @ MP	REST	30 min easy with strides/ drills	REST or 10-20 min shakeout	REST or 10-20 min shakeout	Jersey City Marathon

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**Overview:** completing two workouts per week throughout the cycle

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<b>2</b> 13-Jan	Lactate Threshold, Endurance, VO2Max	45-55 min easy with strides/ drills	1.5M w/u; 2 x 1 Mile @ Threshold + 2 x 1k @ Threshold; 1.5M c/d	Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills	1.5M w/u, 3 x 200/200/400 @ mile pace w/ equal part recovery, 1.5M c/d	REST or up to 45 min easy with strides/ drills	13-17 Miles @ long run pace *Advanced Option to include MP Miles up to 15% of weekly volume	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
<b>3</b> 20-Jan	Lactate Threshold, Endurance, VO2Max	45-55 min easy with strides/ drills	1.5M w/u, 2 x 2K @ Threshold + 2 x 1K @ Threshold, 1.5M c/d	Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills	1.5M w/u, 5-6 x 800m @ 5k w/ 400m Recovery, 1.5M c/d	REST or up to 45 min easy with strides/ drills	14-18 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
<b>4</b> 27-Jan	Lactate Threshold, Endurance, VO2Max	45-55 min easy with strides/ drills	2M w/u; 2-3 Miles @ HMP; 2M c/d	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	1.5M w/u, 3 x 1000m @ 5k w/ 600m Recovery + 4 x 200 @ mile pace, 1.5M c/d Racers: Run Easy	REST or up to 45 min easy with strides/ drills	Racers: REST or up to 30 min easy with strides/ drills Non Racers: 12- 16 Miles @ Long Run Pace	Fred Lebow Half
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