

Week 1 55 mi 	12/25/2023  Rest or cross-training	12/26/2023  General aerobic + speed 8 mi w/ 10x100m strides	12/27/2023  Medium-long run 11 mi	12/28/2023  Recovery 5 mi	12/29/2023  Medium-long run 11 mi	12/30/2023  Recovery 5 mi	12/31/2023  Marathon pace run 15 mi w/ 8 mi @ marathon race pace
Week 2 59 mi	1/1/2024  Rest or cross-training	1/2/2024  Medium-long run 12 mi	1/3/2024  Medium-long run 11 mi	1/4/2024  Recovery 5 mi	1/5/2024  Lactate threshold 9 mi w 4 mi @ 15K to half marathon race pace	1/6/2024  Recovery 5 mi	1/7/2024  Long run 17 mi
Week 3 61 mi	1/8/2024  Rest or cross-training	1/9/2024  General aerobic + speed 8 mi w/ 10x100m strides	1/10/2024  Medium-long run 14 mi	1/11/2024  Recovery 5 mi	1/12/2024  Medium-long run 12 mi	1/13/2024  Recovery 5 mi	1/14/2024  Marathon pace run 17 mi w/ 10 mi @ marathon race pace
Week 4 66 mi	1/15/2024  Rest or cross-training	1/16/2024  Medium-long run 13 mi	1/17/2024  Medium-long run 15 mi	1/18/2024  Recovery 5 mi	1/19/2024  Lactate threshold 10 mi w 5 mi @ 15K to half marathon race pace	1/20/2024  Recovery 5 mi	1/21/2024  Long run 18 mi
Week 5 62 mi	1/22/2024  Rest or cross-training	1/23/2024  General aerobic + speed 8 mi w/10 x 100m strides	1/24/2024  Medium-long run 15 mi	1/25/2024  Recovery 5 mi	1/26/2024  Lactate threshold 10 mi w 4 mi @ 15K to half marathon race pace	1/27/2024  General aerobic 7 mi	1/28/2024  Long run 17 mi

Pfitzinger Marathon Training

Jin-Ying Zhang



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