

2. The Level II Schedule

This training plan is designed for runners that may have run a marathon before or are looking to break the 4:00 hour mark.

It is a step up in mileage and intensity from the Level I Schedule and is best suited for those who have been running at least 3-4 times per week for 30-45 minutes for at 4-6 weeks.

On one of your days off you can do some cross training if you want (such as easy walking, swimming or cycling).

Letter code:

L = long run

O = off day

SL = semi-long run

C = cross-training

R = recovery run

H = hilly run

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Phase	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Endurance		<i>C/O</i>	R	<i>R/C/O</i>	SL	<i>R/C</i>	O	L	
	Week 1	Off / Cross	2-4	2-3	3-5	2-3	Off	6	13-21
	Week 2	Off / Cross	2-4	2-3	3-5	2-3	Off	8	15-23
Recovery	Week 3	Off	2-3	Off / Cross	2-4	2-3	Off	10	14-20
	Week 4	Off / Cross	3-5	2-3	3-6	2-4	Off	8	16-26
	Week 5	Off / Cross	3-5	2-3	4-6	2-4	Off	12	21-30
	Week 6	Off / Cross	3-5	2-3	4-6	2-4	Off	8	17-26
Recovery	Week 7	Off	2-4	2-3	3-5	2-3	Off	10	17-25
	Week 8	Off / Cross	4-6	2-3	4-7	2-4	Off	15	25-35
	Week 9	Off	4-6	5-7	3-5	8	Off	5K Event	20-29
	Week 10	Off	2-3/0	2-3	5-7	3-5	Off	16	27-37
Recovery	Week 11	Off	2-4	2-3	3-5	10	Off	5k Event	17-25
Strength		<i>C/O</i>	R	<i>R/C/O</i>	H	R+C	O	L	
	Week 12	Off	2-3/0	2-4	5-8	3-5	Off	18	29-41
	Week 13	Off / Cross	5-7	2-4	6-8	4-6	Off	10	25-35
Recovery	Week 14	Off	2-3	6-8	3-4	Off	Off	1/2 Marathon	12-20
	Week 15	Off	2-3	2-4	5-7	2-4	Off	20	40-47
	Week 16	Off	4-6	2-3	7-9	4-6	Off	10	25-34
	Week 17	Off / Cross	5-7	2-4	7-9	4-6	Off	20	36-46
Taper		O	R	R/O	R	R/O	O	SL	
	Week 18	Off	4-6	2-3	5-7	2-4	Off	10	19-30
	Week 19	Off	3-5	2-3	4-5	2-3	Off	7	14-23
	Week 20	Off	3-4	2-3	2-3	0-2	Off	Marathon	