

4. The Level IV Schedule...

This schedule is designed for the advanced runner who has been running at least 4-5 times per week for 45-90 minutes for the past year or so and is aiming to finish this marathon around the 3:00 mark. If you decide to follow a program like this you should ideally have either marathon or half-marathon experience.

You should also be covering an average of 28 miles in the last 3 weeks and be able to comfortably run two 8 miles runs a week.

Letter Codes		
O	Off day	Complete Off. No cross-training. Active recovery such as self massage recommended.
C	Cross training	Non-weight-bearing aerobic activities such as aqua-jogging, swimming, or cycling. Be sure to perform them at conversation effort for 20-40 minutes.
R	Recovery run	Very relaxed effort over flat terrain (high school track or trail recommended) for short duration followed by extensive stretching routine to loosen up tight spots. Have fun!
SL	Semi-long run	After 2 mile warm-up (very relaxed effort), settle into conversation effort.
L	Long run	After 2 mile warm-up, follow long workout pace guidelines.
H	Hilly run	After 2 mile warm up, push hills at 10K effort and recover on the Off of a hilly route.
G	Goal pace run	8G (4-3-1) means go easy for 4 miles, 3 miles at goal pace, 1 mile cool down.
LF	Long fast run	7(5-1-1) means go easy for 5 miles, 1 mile at long fast pace, 1 mile cool down.
+	And optional	R+C means to run or walk with the option of also cross-training (i.e. swimming)
/	Or	R/C/O means to choose either a recovery run or a cross-training activity or to take the day off.

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Phase	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Endurance		O	R+C	G	R+C	SL	R/C/O	L/G	
	Week 1		4	5 (2-1-1)	5	3	12	5K Event	30-33
	Week 2		4/O	6 (3-2-1)	3	7	3	8	28-32
	Week 3		4	6 (3-2-1)	3	8	3	14	35-38
Recovery	Week 4		3	5 R	C/O	6	Off	10G (6-3-1)	24
	Week 5		4	7 (3-3-1)	4	8	3	16	39-42
Strength		O	R+C	H	R+C	LF	R/C/O	L/G	
	Week 6		5	8	4	7 (5-1-1)	4	10/ Off	24-38
	Week 7	8	5/ Off	8	4	8 (6-1-1)	3	18	43-53
Recovery	Week 8		3	6	3	6 SL	Off	12G (6-5-1)	30
	Week 9		5	8	5	9 (6-2-1)	3	20	47-50
	Week 10		6	9	9 (6-2-1)	4	12	5K Event	28-32
Recovery	Week 11	4/O	5	6	3	7 SL	Off	14G (6-7-1) /Off	20-35
	Week 12	13 G (5-7-1)	6/O	9	6	10 (3-3-1)	3	22	53-63
Speed		Off	R+C	SF/LF	R+C	G	R/C/ Off	L/G	
Recovery	Week 13		6	7SF 6X800	6	10 (2-7-1)	8	4 Mile Event	37-41
	Week 14	4/ Off	5	6LF (3-2-1)	7SL	Off	10/ Off	1/2 Marathon	35-40
	Week 15	6/ Off	5	8SF 8X800	6	8 (4-3-1)	3	22 G (17-4-1)	50-58
	Week 16		6	9LF (4-4-1)	6	9 (2-6-1)	9	5K Event	42-46
	Week 17	6/ Off	5	9LF (5-3-1)	6	10 SL	3	22G (14-7-1)	53-55
Recovery			4	10X800	3	5R	Off	13G(2-10-1)	34
	Week 18		5	8LF (3-4-1)	3	6SL	Off	14G (7-6-1)	36
Taper		O	R	LF/G	O	R	O	SL	
	Week 19		4	7LF (3-3-1)		5		8	24
	Week 20		4	5 G (2-2-1)		3		Marathon	