

Advanced[#] Marathon Walk Schedule--Under 5 ½ hours

Week	Mon.	* Tues.	Wed.	* Thurs.	Fri.	Sat.	* Sun.
1	Off	Economy: 6x200m	Easy 30-45 minutes	Tempo: 10-10-10	Easy 30-45 minutes	Off or Easy 30 minutes	8 miles easy
2	Off	Economy: 6x200m	Easy 30-45 minutes	Tempo: 10-10-10	Easy 30-45 minutes	Off or Easy 30 minutes	9 miles easy
3	Off	Economy: 8x200m	Easy 45-60 minutes	Tempo: 10-20-10	Easy 45-60 minutes	Off or Easy 30-45 minutes	8 miles easy
4	Off	Economy: 8x200m	Easy 45-60 minutes	Tempo: 10-20-10	Easy 45-60 minutes	Off or Easy 30-45 minutes	10 miles easy
5	Off	Economy: 10x200m	Easy 45-60 minutes	A. Temp: 45	Easy 45-60 minutes	Off or Easy 30-45 minutes	12 miles easy
6	Off	Economy: 10x200m	Easy 45-60 minutes	Tempo: 10-30-10	Easy 45-60 minutes	Off or Easy 30-45 minutes	10 mi. @ goal pace
7	Off	Economy: 12x200m	Easy 60 minutes	A. Temp: 45 minutes	Easy 60 minutes	Off or Easy 30-45 minutes	14 miles easy
8	Off	Economy: 12x200m	Easy 60 minutes	Tempo: 10-30-10	Easy 60 minutes	Off or Easy 30-45 minutes	12 mi. @ goal pace
9	Off	Economy: 6x400m	Easy 60 minutes	A. Temp: 60 minutes	Easy 60 minutes	Off or Easy 30-45 minutes	16 miles easy
10	Off	Economy: 6x400m	Easy 60 minutes	Tempo: 10-40-10	Easy 60 minutes	Off or Easy 30-45 minutes	12 mi. @ goal pace
11	Off	Economy: 8x400m	Easy 60 minutes	A. Temp: 60 minutes	Easy 60 minutes	Off or Easy 30-45 minutes	18 miles easy
12	Off	Thresh. 4x800m	Easy 60 minutes	Tempo: 10-40-10	Easy 60 minutes	Off or Easy 30-45 minutes	12 mi. @ goal pace
13	Off	Thresh. 6x800m	Easy 60 minutes	A. Temp: 75 minutes	Easy 60 minutes	Off or Easy 30-45 minutes	20 miles easy
14	Off	Thresh. 6x800m	Easy 60 minutes	Tempo: 10-60-5	Easy 60 minutes	Off or Easy 30-45 minutes	12 mi. @ goal pace
15	Off	Thresh: 3x1600m	Easy 60 minutes	A. Temp: 75 minutes	Easy 60 minutes	Off or Easy 30-45 minutes	20 miles easy
16	Off	Economy: 8x400m	Easy 60 minutes	Tempo: 10-40-10	Easy 60 minutes	Off or Easy 30-45 minutes	15 miles push last 4
17	Off	Thresh: 3x1600m	Off or Easy 30-45 minutes	A. Temp: 45 minutes	Off or Easy 30-45 minutes	Off or Easy 30-45 minutes	8 Miles @ goal pace
18	Off	Economy: 4x400m	Off or Easy 30 minutes	Tempo: 10-10-10	Off or Easy 20 minutes	Easy 20 minutes+ 4 x :30s	Marathon!

#The advanced schedule makes the assumption that you've already completed at least one marathon, and you've been using racewalking technique in training and in 5K and 10K races for at least one year. If you choose the advanced schedule, most or all of your marathon training will be done using racewalking technique.

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