



**THE BOSTON  
MARATHON®**

*John Hancock*

## BOSTON MARATHON TRAINING PLAN – LEVEL TWO

### WEEK 1

#### 3-WEEK PREP PHASE

MONDAY	5-6 mile Easy Run
TUESDAY	Off Day
WEDNESDAY	7 mile Aerobic Run
THURSDAY	Off Day
FRIDAY	6-7 mile Easy Run
SATURDAY	Off Day
SUNDAY	9-11 mile Easy Long Run

### WEEK 2

#### 3-WEEK PREP PHASE

MONDAY	Off Day
TUESDAY	6-7 mile Aerobic Run
WEDNESDAY	Off Day
THURSDAY	7 mile Aerobic Run
FRIDAY	Off Day
SATURDAY	6-7 mile Easy Run
SUNDAY	11-12 mile Aerobic Long Run

### WEEK 3

#### 3-WEEK PREP PHASE

MONDAY	Off Day
	2 mile Warm Up
TUESDAY	6 x (200m uphill at 10k Pace, 30 seconds rest, 200m downhill at MP) 90 seconds rest between sets 2 mile Warm Down
WEDNESDAY	4-6 mile Easy Run
THURSDAY	Off Day
	2 mile Warm Up
FRIDAY	2 x 2 miles at HMP with 3 minutes easy jog in between 2 mile Warm Down
SATURDAY	Off Day
	60 minutes easy
SUNDAY	10 x (1 minute at 10k Pace/ 1 minute at MP) 10 minutes easy

### WEEK 4

#### 6-WEEK HALF MARATHON PHASE

MONDAY	Off Day
	2 mile Warm Up
TUESDAY	4 x 1k at 10k pace with 2 minutes rest 2 mile Warm Down
WEDNESDAY	Cross Training or Strength Training
THURSDAY	6-7 mile Aerobic Run
FRIDAY	Off Day

SATURDAY	2 mile Warm Up 3 x 3 miles at MP with 2-3 minutes rest 2 mile Warm Down
SUNDAY	6-8 mile Easy Run

WEEK 5	6-WEEK HALF MARATHON PHASE
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MONDAY	Off Day
TUESDAY	2-3 mile Warm Up 6 x (300m uphill at 10k Pace, 30 seconds rest, 300m downhill at MP) 90 seconds rest between sets 2-3 mile Warm Down
WEDNESDAY	5-7 mile Easy Run
THURSDAY	Cross Training or Strength Training
FRIDAY	2 mile Warm Up 4 x 1 mile at HMP with 2 minutes rest 2 mile Warm Down
SATURDAY	Off Day
SUNDAY	12-14 mile Aerobic Long Run

WEEK 6	6-WEEK HALF MARATHON PHASE
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MONDAY	Off Day
TUESDAY	2 mile Warm Up 5 x 1k at 10k pace with 2 minutes rest 2 mile Warm Down
WEDNESDAY	4-5 mile Easy Run
THURSDAY	Cross Training or Strength Training
FRIDAY	2 mile Warm Up 2 x 1.5 miles at HM with 3 minutes jog 2 mile Warm Down
SATURDAY	3-4 mile Easy Run Marathon Simulation (on rolling hill course):
SUNDAY	5-6 miles easy 6-7 miles at MP 2 miles easy

WEEK 7	6-WEEK HALF MARATHON PHASE
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MONDAY	Off Day
TUESDAY	2-3 mile Warm Up 6 x (300m uphill at 10k Pace, 45 seconds rest, 300m downhill at MP) 90 seconds rest between sets 2-3 mile Warm Down
WEDNESDAY	Cross Training or Strength Training
THURSDAY	6-8 mile Aerobic Run
FRIDAY	Off Day
SATURDAY	2 mile Warm Up 3 x 3 miles at MP with 2-3 minutes rest 2 mile Warm Down
SUNDAY	8-10 mile Easy Run

WEEK 8	6-WEEK HALF MARATHON PHASE
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MONDAY	Off Day
TUESDAY	2 mile Warm Up 4 x 1200 at 10k Pace with 2 minutes rest 2 mile Warm Down
WEDNESDAY	5-7 mile Easy Run
THURSDAY	Off Day
FRIDAY	2 mile Warm Up 4 miles at HMP 2 mile Warm Down
SATURDAY	4-6 mile Easy Run
SUNDAY	60 minutes easy 8 x (2 minutes at 10k Pace/ 2 minutes at MP) 20 minutes easy

#### **WEEK 9 6-WEEK HALF MARATHON PHASE**

MONDAY	Off Day
TUESDAY	2-3 mile Warm Up 6 x (400m uphill at 10k Pace, 45 seconds rest, 400m downhill at MP) 90 seconds rest between sets 2-3 mile Warm Down
WEDNESDAY	6-8 mile Easy Run
THURSDAY	Cross Training or Strength Training
FRIDAY	2 mile Warm Up 3 x 2 miles at HM with 3 minutes jog 2 mile Warm Down
SATURDAY	Off Day
SUNDAY	12-14 mile Aerobic Long Run

#### **WEEK 10 9-WEEK MARATHON SPECIFIC PHASE**

MONDAY	Off Day
TUESDAY	2 mile Warm Up 5 x 1200 at 10k pace with 2:30 rest 2 mile Warm Down
WEDNESDAY	4-5 mile Easy Run
THURSDAY	5-7 mile Aerobic Run
FRIDAY	Off Day
SATURDAY	2 mile Warm Up 3 x (3 miles at MP/ 2 miles easy)
SUNDAY	4-5 mile Easy Run

#### **WEEK 11 9-WEEK MARATHON SPECIFIC PHASE**

MONDAY	Off Day
TUESDAY	2-3 mile Warm Up 8 x (400m uphill at 10k Pace, 45 seconds rest, 400m downhill at MP) 90 seconds rest between sets 2-3 mile Warm Down
WEDNESDAY	6-8 mile Easy Run
THURSDAY	Cross Training or Strength Training
FRIDAY	2 mile Warm Up 3 miles at HMP, 3 minutes jog

	2 miles at HMP 2 mile Warm Down
SATURDAY	Off Day
SUNDAY	Marathon Simulation (on rolling hill course): 6-8 miles easy 6 miles at MP 2 miles easy

#### **WEEK 12** **9-WEEK MARATHON SPECIFIC PHASE**

MONDAY	Off Day
TUESDAY	2 mile Warm Up 4 x mile at 10k Pace with 3 minutes rest 2 mile Warm Down
WEDNESDAY	4-5 mile Easy Run
THURSDAY	Off Day
FRIDAY	2 mile Warm Up 2 x 3 miles at HM with 3 minutes jog 2 mile Warm Down
SATURDAY	4-5 mile Easy Run
SUNDAY	60 minutes easy 6 x (3 minutes at HMP/ 2 minutes at MP) 20 minutes easy

#### **WEEK 13** **9-WEEK MARATHON SPECIFIC PHASE**

MONDAY	Off Day
TUESDAY	2-3 mile Warm Up 8 x (400m uphill at 10k Pace, 45 seconds rest, 400m downhill at MP) 90 seconds rest between sets 2-3 mile Warm Down
WEDNESDAY	Cross Training or Strength Training
THURSDAY	6-8 mile Aerobic Run
FRIDAY	Off Day
SATURDAY	2 mile Warm Up 10 miles at MP (start a little slower and finish faster) 2 mile Warm Down
SUNDAY	10-12 mile Easy Run

#### **WEEK 14** **9-WEEK MARATHON SPECIFIC PHASE**

MONDAY	Off Day
TUESDAY	2 mile Warm Up 4 x 1 mile at 10k pace with 3 minutes rest 2 mile Warm Down
WEDNESDAY	3-4 mile Easy Run
THURSDAY	Off Day
FRIDAY	1.5 mile Warm Up 5 mile tempo at HM 1.5 mile Warm Down
SATURDAY	3-4 mile Easy Run
SUNDAY	Marathon Simulation (on rolling hill course): 8-9 miles easy

6-8 miles at MP  
2 miles easy

WEEK 15	9-WEEK MARATHON SPECIFIC PHASE
MONDAY	Off Day
	2-3 mile Warm Up
	2 x (800m uphill at HMP, 60 seconds rest, 800m downhill at MP)
TUESDAY	2 minutes rest between sets
	4 x (400m uphill at 10k Pace, 45 seconds rest, 400m downhill at MP)
	90 seconds rest between sets
	2-3 mile Warm Down
WEDNESDAY	Cross Training or Strength Training
THURSDAY	6-8 mile Aerobic Run
FRIDAY	Off Day
	2 mile Warm Up
SATURDAY	2 x 5 miles at MP with 5 minutes jog between reps
	2 mile Warm Down
SUNDAY	8-10 mile Easy Run
WEEK 16	9-WEEK MARATHON SPECIFIC PHASE
MONDAY	Off Day
	2 mile Warm Up
TUESDAY	2 x (2k at HM, 1k at 10k) all with 2 minutes rest
	2 mile Warm Down
WEDNESDAY	4-5 mile Easy Run
THURSDAY	Off Day
	2 mile Warm Up
FRIDAY	6 mile cutdown at MP (start a little slower & increase the pace every 2 miles)
	2 mile Warm Down
SATURDAY	4-5 mile Easy Run
SUNDAY	11-13 mile Easy Long Run
WEEK 17	9-WEEK MARATHON SPECIFIC PHASE
MONDAY	Off Day
	2-3 mile Warm Up
TUESDAY	4 x (800m uphill at HMP, 60 seconds rest, 800m downhill at MP)
	2 minutes rest between sets
	2-3 mile Warm Down
WEDNESDAY	6-8 mile Easy Run
THURSDAY	Cross Training or Strength Training
	2 mile Warm Up
FRIDAY	5 mile tempo at HMP
	2 mile Warm Down
SATURDAY	Off Day
	Marathon Simulation (on rolling hill course):
SUNDAY	8-9 miles easy, 8-9 miles at MP 2 miles easy
WEEK 18	9-WEEK MARATHON SPECIFIC PHASE

MONDAY	Off Day
	2 mile Warm Up
TUESDAY	2 x (2k at HM, 1k at 10k) all with 2 minutes rest
	2 mile Warm Down
WEDNESDAY	6-8 mile Easy Run
THURSDAY	Cross Training or Strength Training
FRIDAY	6-8 mile Aerobic Run
	2 mile Warm Up
SATURDAY	10-11 miles MP Tempo
	2 mile Warm Down
SUNDAY	Off Day

#### **WEEK 19 2-WEEK TAPER PHASE**

MONDAY	Off Day
	2 mile Warm Up
TUESDAY	5 x 1k at 10k pace with 2 minutes rest
	2 mile Warm Down
WEDNESDAY	4-6 mile Easy Run
THURSDAY	Off Day
	2 mile Warm Up
FRIDAY	2 x (2 miles at HM on/ 1 miles easy)
	2 mile Warm Down
SATURDAY	Off Day
SUNDAY	7-8 mile Easy Run

#### **WEEK 20 2-WEEK TAPER PHASE**

MONDAY	Off Day
	2 mile Warm Up
TUESDAY	3 x 1k at HMP with 2 minutes rest
	1 x 1k at 10k Pace
	2 mile Warm Down
WEDNESDAY	2-4 mile Easy Run
THURSDAY	Off Day
	2 mile Warm Up
FRIDAY	2 miles at MP
	1 mile Warm Down
SATURDAY	Off Day
SUNDAY	2-3 mile Easy Run

#### **MONDAY RACE DAY**

*Hill Interval Sessions to be done on a 3-5% incline*

*MP = Marathon Pace*

*HMP = Half Marathon Pace*