



2019 Suffolk County Marathon Advanced Training Program



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 Miles	5 Miles	3 Miles	Cross Train or Off	5 Miles at Goal Marathon Pace	Off	12 Miles
2	3 Miles	2 Mile Warm Up 12x400 @ 5k Pace 1 Mile Cool Down	3 Miles	Cross Train or Off	6 Miles at Goal Marathon Pace	Off	10 Miles
3	3 Miles	2 Mile Warm Up 6x800 @ 5k Pace 1 Mile Cool Down	3 Miles	Cross Train or Off	6 Miles at Goal Marathon Pace	Off	14 Miles
4	4 Miles	2 Mile Warm Up 4x1 Mile @ HM Pace 1 Mile Cool Down	5 Miles	Cross Train or Off	8 Miles	Off	1 Mile Warm Up 8 Miles at MP 1 Mile Cool Down
5	4 Miles	8 Miles	5 Miles	Cross Train or Off	7 Miles at Goal Marathon Pace	Off	16 Miles
6	4 Miles	2 Mile Warm Up 16x400 @ 5k Pace 2 Mile Cool Down	5 Miles	Cross Train or Off	8 Miles	Off	2 Mile Warm Up 9 Miles at MP 1 Mile Cool Down
7	5 Miles	8 Miles	7 Miles	Cross Train or Off	8 Miles at Goal Marathon Pace	Off	18 Miles
8	5 Miles	2 Mile Warm Up 8x800 @ 5k Pace 2 Mile Cool Down	7 Miles	Cross Train or Off	8 Miles	Off	2 Mile Warm Up 10 Miles at MP 2 Mile Cool Down
9	5 Miles	8 Miles	7 Miles	Cross Train or Off	10 Miles at Goal Marathon Pace	Off	20 Miles
10	6 Miles	2 Mile Warm Up 6x1 Mile @ HM Pace 2 Mile Cool Down	8 Miles	Cross Train or Off	10 Miles	Off	2 Mile Warm Up 12 Miles at MP 2 Mile Cool Down
11	6 Miles	10 Miles	8 Miles	Cross Train or Off	10 Miles at Goal Marathon Pace	Off	20 Miles
12	6 Miles	3 Mile Warm Up 16x400 @ 5k Pace 3 Mile Cool Down	8 Miles	Cross Train or Off	8 Miles	Off	2 Miles Warm Up 14 Miles at MP 2 Mile Cool Down
13	5 Miles	10 Miles	7 Miles	Cross Train or Off	8 Miles at Goal Marathon Pace	Off	22 Miles
14	5 Miles	3 Mile Warm Up 10x800 @ 10k Pace 2 Mile Cool Down	7 Miles	Cross Train or Off	8 Miles	Off	2 Mile Warm Up 12 Miles at MP 2 Mile Cool Down
15	5 Miles	8 Miles	7 Miles	Cross Train or Off	8 Miles at Goal Marathon Pace	Off	12 Miles
16	4 Miles	Cross Train or Off	2 Mile Warm Up 5x1 Mile @ MP 1 Mile Cool Down	6 Miles	Off	Easy 30 Minute Run	Suffolk County Marathon
	Off	Off	20 Minute Run	Off	Off	20 Minute Run	Off

Program written by Mike Petrina, head coach of the Sayville-Smithtown Distance Training Program.

For more information - www.sayvillerrunning.com/pages/training

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