

LEVEL 1 / WEEK 20 / TAPER PERIOD / CONTINUED				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
S	Rest			Day 3 of 3-day carbo-loading period (70 percent of calories from CHO) OR Day 1 of 1-day carbo-loading period (10 g CHO per kg body weight) (optional) Day 7 of 7-day caffeine fast (optional)
S	Marathon	Race nutrition plan	Anything you want!	Prerace nutrition plan

LEVEL 2 MARATHON PLAN

Use this twenty-week integrated training and nutrition plan to train for your next marathon if you're ready to work hard to reach the next level but still want to keep your overall training load and time commitment to running manageable. This Level 2 plan includes five runs per week plus one optional cross-training session. You should already be running at least four times per week and up to 6 miles at a time before you start the program.

The training load peaks in Week 18, which includes a marathon Simulator (26.2 km at marathon race pace) and a total of approximately six hours of running. Weeks 4, 8, 12, and 16 are reduced-volume recovery weeks. The program ends with a two-week taper beginning in Week 19.

TABLE 11.2 LEVEL 2 MARATHON PLAN

LEVEL 2 / WEEK 1				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			3-4 g CHO per kg body weight
T	Foundation run 5:00 Z1 20:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
W	Foundation run 5:00 Z1 20:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
T	Foundation run 5:00 Z1 20:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
F	Foundation run 5:00 Z1 15:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
S	Cross-training Optional			
S	Long run 0.5 mile Z1 5.0 miles Z2 0.5 mile Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	

LEVEL 2 / WEEK 2				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			3-4 g CHO per kg body weight
T	Foundation run 5:00 Z1 25:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
W	Foundation run 5:00 Z1 20:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
T	Foundation run 5:00 Z1 20:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
F	Foundation run 5:00 Z1 25:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	

LEVEL 2 / WEEK 2 / CONTINUED				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
S	Cross training Optional			3-4 g CHO per kg body weight
S	Long run 0.5 mile Z1 6.0 miles Z2 0.5 mile Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	

LEVEL 2 / WEEK 3				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			3-4 g CHO per kg body weight
T	Speed-play run 5:00 Z1 10:00 Z2 6 x (0:15 Z5/ 2:45 Z2) 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
W	Foundation run 5:00 Z1 25:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
T	Foundation run 5:00 Z1 20:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
F	Fast-finish run 5:00 Z1 25:00 Z2 5:00 Z3	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
S	Cross training Optional			
S	Long run 0.5 mile Z1 8.0 miles Z2 0.5 mile Z1	Sports drink or gels + water	At least 0.6 g CHO, 0.15 g PRO per kg body weight	

LEVEL 2 / WEEK 4 / RECOVERY WEEK				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			3-4 g CHO per kg body weight
T	Speed-play run 5:00 Z1 10:00 Z2 6 x (0:15 Z5/ 2:45 Z2) 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
W	Foundation run 5:00 Z1 20:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	

LEVEL 2 / WEEK 4 / RECOVERY WEEK / CONTINUED				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
T	Foundation run 5:00 Z1 25:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	3-4 g CHO per kg body weight
F	Fast-finish run 5:00 Z1 20:00 Z2 5:00 Z3	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
S	Cross training Optional			
S	Long run 0.5 mile Z1 7.0 miles Z2 0.5 mile Z1	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	

LEVEL 3 / WEEK 5				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			3-4 g CHO per kg body weight
T	Hill repetitions run 5:00 Z1 10:00 Z2 7 x (0:30 Z5/ 2:30 Z1) 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.1 g PRO per kg body weight	
W	Foundation run 5:00 Z1 30:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
T	Foundation run 5:00 Z1 30:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
F	Fast-finish run 5:00 Z1 30:00 Z2 5:00 Z3	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
S	Cross training Optional			
S	Long run 0.5 mile Z1 9.0 miles Z2 0.5 mile Z1	Sports drink or gels + water	At least 0.6 g CHO, 0.15 g PRO per kg body weight	

LEVEL 2 / WEEK 7				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			3-4 g CHO per kg body weight
T	Hill repetitions run 5:00 Z1 10:00 Z2 9 x {0:30 Z5/ 2:30 Z1} 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	
W	Foundation run 5:00 Z1 30:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
T	Foundation run 5:00 Z1 30:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
F	Fast-finish run 5:00 Z1 25:00 Z2 5:00 Z3	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
S	Cross training Optional			
S	Long run 0.5 mile Z1 10.0 miles Z2 0.5 mile Z1	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	

LEVEL 2 / WEEK 8				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			3-4 g CHO per kg body weight
T	Hill repetitions run 5:00 Z1 10:00 Z2 7 x {1:00 Z5/ 2:30 Z1} 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	
W	Foundation run 5:00 Z1 30:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
T	Foundation run 5:00 Z1 30:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
F	Fast-finish run 5:00 Z1 25:00 Z2 10:00 Z3	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	

LEVEL 2 / WEEK 7 / CONTINUED				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
S	Cross training Optional			3-4 g CHO per kg body weight
S	Long run 0.5 mile Z1 11.0 miles Z2 0.5 mile Z1	Sports drink or gels + water	At least 0.6 g CHO, 0.15 g PRO per kg body weight	

LEVEL 2 / WEEK 8 / RECOVERY WEEK				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			3-4 g CHO per kg body weight
T	Hill repetitions run 5:00 Z1 10:00 Z2 8 x {0:30 Z5/ 2:30 Z1} 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	
W	Foundation run 5:00 Z1 25:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
T	Foundation run 5:00 Z1 25:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
F	Fast-finish run 5:00 Z1 30:00 Z2 10:00 Z3	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
S	Cross training Optional			
S	Long run 0.5 mile Z1 9.0 miles Z2 0.5 mile Z1	Water or water + electrolytes	At least 0.6 g CHO, 0.15 g PRO per kg body weight	

LEVEL 2 / WEEK 9				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			4-5 g CHO per kg body weight
T	Interval run 5:00 Z1 10:00 Z2 10 x {1:00 Z5/ 2:00 Z1} 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.8 g CHO, 0.2 g PRO per kg body weight	
W	Recovery run 45:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	

LEVEL 2 / WEEK 9 / CONTINUED				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
T	Foundation run 5:00 Z1 35:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	4-5 g CHO per kg body weight
F	Fast-finish run 5:00 Z1 25:00 Z2 12:00 Z3	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	
S	Cross training Optional			
S	Long run 0.5 mile Z1 13.0 miles Z2 0.5 mile Z1	Sports drink or gels + water	At least 0.8 g CHO, 0.2 g PRO per kg body weight	

LEVEL 2 / WEEK 10				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			4-5 g CHO per kg body weight
T	Interval run 5:00 Z1 10:00 Z2 8 x (1:30 Z5/ 2:30 Z1) 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	
W	Recovery run 45:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
T	Foundation run 5:00 Z1 35:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
F	Fast-finish run 5:00 Z1 28:00 Z2 12:00 Z3	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	
S	Cross training Optional			
S	Long run 0.5 mile Z1 11.0 miles Z2 0.5 mile Z1	Sports drink or gels + water	At least 0.8 g CHO, 0.2 g PRO per kg body weight	

LEVEL 2 / WEEK 11				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			4-5 g CHO per kg body weight
T	Interval run 5:00 Z1 10:00 Z2 10 x (1:30 Z5/ 2:30 Z1) 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.8 g CHO, 0.2 g PRO per kg body weight	
W	Recovery run 45:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
T	Foundation run 5:00 Z1 35:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
F	Fast-finish run 5:00 Z1 33:00 Z2 12:00 Z3	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	
S	Cross training Optional			
S	Long run 0.5 mile Z1 15.0 miles Z2 0.5 mile Z1	Sports drink or gels + water	At least 1.0 g CHO, 0.25 g PRO per kg body weight	

LEVEL 2 / WEEK 12 / RECOVERY WEEK				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			Day 1 of 3-day fat-loading test (optional)
T	Hill repetitions run 5:00 Z1 10:00 Z2 8 x (0:30 Z5/ 2:30 Z1) 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	Day 2 of 3-day fat-loading test (optional)
W	Foundation run 5:00 Z1 30:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	Day 3 of 3-day fat-loading test (optional)
T	Foundation run 5:00 Z1 30:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	4-5 g CHO per kg body weight

LEVEL 2 / WEEK 12 / RECOVERY WEEK / CONTINUED

	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
F	Fast-finish run 5:00 Z1 30:00 Z2 10:00 Z3	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	4-5 g CHO per kg body weight
S	Cross training Optional			
S	Long run 0.5 mile Z1 10.0 miles Z2 0.5 mile Z1	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	

LEVEL 2 / WEEK 13

	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			4-5 g CHO per kg body weight
T	Interval run 5:00 Z1 5:00 Z2 6 x (2:00 Z4/ 2:30 Z1) 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	
W	Recovery run 40:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
T	Foundation run 5:00 Z1 35:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
F	Tempo run 5:00 Z1 10:00 Z2 16:00 Z3 10:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	
S	Cross training Optional			
S	Long run 0.5 mile Z1 17.0 miles Z2 0.5 mile Z1	Sports drink or gels + water	At least 1.0 g CHO, 0.25 g PRO per kg body weight	

LEVEL 2 / WEEK 14

	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			4-5 g CHO per kg body weight
T	Interval run 5:00 Z1 5:00 Z2 8 x (2:00 Z4/ 2:30 Z1) 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.8 g CHO, 0.2 g PRO per kg body weight	
W	Recovery run 40:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
T	Foundation run 5:00 Z1 35:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
F	Tempo run 5:00 Z1 10:00 Z2 20:00 Z3 10:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	
S	Cross training Optional			
S	Long run 0.5 mile Z1 13.0 miles Z2 0.5 mile Z1	Sports drink or gels + water	At least 0.8 g CHO, 0.2 g PRO per kg body weight	

LEVEL 2 / WEEK 15

	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			4-5 g CHO per kg body weight
T	Interval run 5:00 Z1 10:00 Z2 5 x (3:00 Z4/ 2:30 Z1) 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	
W	Recovery run 40:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
T	Foundation run 5:00 Z1 35:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	

LEVEL 2 / WEEK 9 / CONTINUED				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
F	Tempo run 5:00 Z1 10:00 Z2 24:00 Z3 10:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	4-5 g CHO per kg body weight
S	Cross training Optional			
S	Long run 0.5 mile Z1 19.0 miles Z2 0.5 mile Z1	Sports drink or gels + water	At least 1.2 g CHO, 0.3 g PRO per kg body weight	

LEVEL 2 / WEEK 10 / RECOVERY WEEK				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			4-5 g CHO per kg body weight
T	Hill repetitions run 5:00 Z1 10:00 Z2 7 x (1:00 Z5/ 2:30 Z1) 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	
W	Recovery run 40:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
T	Foundation run 5:00 Z1 30:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
F	Fast-finish run 5:00 Z1 25:00 Z2 12:00 Z3	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
S	Cross training Optional			
S	Long run 0.5 mile Z1 12.0 miles Z2 0.5 mile Z1	Water, water + electrolytes, or nothing	At least 0.8 g CHO, 0.2 g PRO per kg body weight	

LEVEL 2 / WEEK 11				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			4-5 g CHO per kg body weight
T	Speed-play run 5:00 Z1 5:00 Z2 2 x (1:00 Z5/ 2:00 Z1) 2:00 Z4 2:00 Z1 5:00 Z3 2:00 Z1 2:00 Z4 2:00 Z1 2 x (1:00 Z5/ 2:00 Z1) 5:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	
W	Recovery run 45:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
T	Foundation run 5:00 Z1 35:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.15 g PRO per kg body weight	
F	Tempo run 5:00 Z1 10:00 Z2 28:00 Z3 10:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.8 g CHO, 0.2 g PRO per kg body weight	
S	Cross training Optional			
S	Long run 0.5 mile Z1 21.0 miles Z2 0.5 mile Z1	Sports drink or gels + water	At least 0.8 g CHO, 0.2 g PRO per kg body weight	

LEVEL 2 / WEEK 12				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			4-5 g CHO per kg body weight
T	Speed-play run 5:00 Z1 5:00 Z2 2 x (1:00 Z5/ 2:00 Z1) 2:30 Z4 2:30 Z1	Water, water + electrolytes, or nothing	At least 0.8 g CHO, 0.2 g PRO per kg body weight	

LEVEL 2 / WEEK 18 / CONTINUED				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
T	<i>Continued</i> 6:00 Z3 2:00 Z1 2:30 Z4 2:30 Z1 2 x (1:00 Z5/ 2:00 Z1) 5:00 Z2 5:00 Z1			4-5 g CHO per kg body weight
W	Recovery run 45:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
T	Foundation run 5:00 Z1 35:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
F	Tempo run 5:00 Z1 9:00 Z2 32:00 Z3 9:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.8 g CHO, 0.2 g PRO per kg body weight	
S	Cross training Optional			
S	Simulator 0.5 mile Z1 0.5 mile Z2 26.2 km (16.2 miles) @ marathon race pace	Practice race nutrition plan	At least 1.2 g CHO, 0.3 g PRO per kg body weight	

LEVEL 2 / WEEK 19 / TAPER PERIOD				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			Reduce caloric intake by amount equal to average per-day reduction in calories burned through training in taper period compared to Week 18 Start 10-day fat-loading period (65 percent of calories from fat) (optional)
T	Speed-play run 5:00 Z1 5:00 Z2 2 x (1:00 Z5/ 2:00 Z1) 2:00 Z4 2:00 Z1 4:00 Z3 2:00 Z1 2:00 Z4 2:00 Z1	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	Day 2 of reduced calorie intake Day 2 of 10-day fat-loading period (65 percent of calories from fat) (optional)

LEVEL 2 / WEEK 19 / TAPER PERIOD / CONTINUED				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
T	<i>Continued</i> 2 x (1:00 Z5/ 2:00 Z1) 5:00 Z2 5:00 Z1			
W	Recovery run 40:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	Day 3 of reduced calorie intake Day 3 of 10-day fat-loading period (65 percent of calories from fat) (optional)
T	Foundation run 5:00 Z1 30:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	Day 4 of reduced calorie intake Day 4 of 10-day fat-loading period (65 percent of calories from fat) (optional)
F	Tempo run 5:00 Z1 5:00 Z2 25:00 Z3 5:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.8 g CHO, 0.2 g PRO per kg body weight	Day 5 of reduced calorie intake Day 5 of 10-day fat-loading period (65 percent of calories from fat) (optional)
S	Cross training Optional			Day 6 of reduced calorie intake Day 6 of 10-day fat-loading period (65 percent of calories from fat) (optional)
S	Long run with fast finish 0.5 mile Z1 11.5 miles Z2 1.0 mile Z3	Sports drink or gels + water	At least 0.8 g CHO, 0.2 g PRO per kg body weight	Day 7 of reduced calorie intake Start 7-day caffeine fast (optional) Day 7 of 10-day fat-loading period (65 percent of calories from fat) (optional)

LEVEL 2 / WEEK 20 / TAPER PERIOD				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			Day 8 of reduced calorie intake Day 8 of 10-day fat-loading period (65 percent of calories from fat) (optional) OR Start 5-day fat-loading period (optional) Day 2 of 7-day caffeine fast (optional)

LEVEL 2 / WEEK 20 / TAPER PERIOD (CONTINUED)				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
T	Speed-play run 5:00 Z1 10:00 Z2 8 × (0:30 Z4/ 2:30 Z2) 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	Day 9 of reduced calorie intake Day 9 of 10-day fat-loading period (65 percent of calories from fat) (optional) OR Day 2 of 5-day fat-loading period (optional) Day 3 of 7-day caffeine fast (optional)
W	Recovery run 45:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	Day 10 of reduced calorie intake Day 10 of 10-day fat-loading period (65 percent of calories from fat) (optional) OR Day 3 of 5-day fat-loading period (optional) Day 4 of 7-day caffeine fast (optional)
T	Fast-finish run 5:00 Z1 20:00 Z2 5:00 Z3	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	Day 11 of reduced calorie intake Day 1 of 3-day carbo-loading period (70 percent of calories from CHO) OR Day 4 of 5-day fat-loading period (optional) Day 5 of 7-day caffeine fast (optional)
F	Cross-training Optional			Day 12 of reduced calorie intake Day 2 of 3-day carbo-loading period (70 percent of calories from CHO) OR Day 5 of 5-day fat-loading period (optional) Day 6 of 7-day caffeine fast (optional)
S	Speed-play run 5:00 Z1 5:00 Z2 4 × (0:30 Z4/ 1:30 Z2) 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	Day 3 of 3-day carbo-loading period (70 percent of calories from CHO) OR Day 1 of 1-day carbo-loading period (10 g CHO per kg body weight) (optional) Day 7 of 7-day caffeine fast (optional)
S	Marathon	Race nutrition plan	Anything you want!	Prerace nutrition plan

LEVEL 3 MARATHON PLAN

The workload in this twenty-week integrated training and nutrition plan is about as heavy as any runner preparing for a marathon can sensibly take on without training twice a day. It includes either seven runs or, optionally, six runs and one cross-training per week in most weeks. You should already be running more or less daily and be able to comfortably go at least 8 miles before you start the program.

The most challenging week of the program is Week 18, which includes a marathon Simulator (26.2 km at marathon race pace) and a total of approximately eight hours of running. Weeks 4, 7, 10, 13, and 16 are reduced-volume recovery weeks. There is a two-week taper starting at Week 19.

TABLE 11.3 LEVEL 3 MARATHON PLAN

LEVEL 3 / WEEK 1				
	WORKOUT	NUTRITION DURING WORKOUT	RECOVERY NUTRITION (WITHIN 45:00 OF COMPLETING WORKOUT)	GENERAL DIET
M	Rest			4–5 g CHO per kg body weight
T	Foundation run 5:00 Z1 30:00 Z2 5:00 Z1 OR Cross-training	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
W	Foundation run 5:00 Z1 30:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
T	Foundation run 5:00 Z1 30:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
F	Foundation run 5:00 Z1 30:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
S	Foundation run 5:00 Z1 30:00 Z2 5:00 Z1	Water, water + electrolytes, or nothing	At least 0.4 g CHO, 0.1 g PRO per kg body weight	
S	Long run 0.5 mile Z1 7.0 miles Z2 0.5 mile Z1	Water, water + electrolytes, or nothing	At least 0.6 g CHO, 0.15 g PRO per kg body weight	