

2025 Indy Runners and Walkers Fall Training Program



ADVANCED MARATHON PLAN

Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
1	7/15	Rest	1 mi WU@CP 8-16 20 sec hill strides 1 mi CD@CP 5-6 mi total	5 mi easy	5-6 mi @CP with 4 strides of 30 sec faster and 90 sec easy 5-6 mi total	Rest	10 mi @CP	4 mi easy	29-31
2	7/14	Rest	1 mi WU@CP 8-12 x 400m @5k pace w/200m easy 1 mi CD@CP 5-7 mi total	5 mi easy	5-6 mi @CP with 4 strides of 30 sec faster and 90 sec easy 5-6 mi total	Rest	10 mi @CP	4 mi easy	29-32
3	7/21	Rest	1 mi WU@CP 10-15x 2 min progressively faster (MP up to 5k pace) w/ 1 min easy 1 mi CD@CP 6-8 mi total @Fleet Feet Broad Ripple	5 mi easy	5-6 mi @CP with 4 strides of 30 sec faster and 90 sec easy 5-6 mi total	Rest	12 mi @CP	4 mi easy	32-35
4	7/28	Rest	1 mi WU@CP 4-5 mi w/ 8-14 Hill Repeats 1 mi CD@CP 6-8 mi total	5 mi easy	5-6 mi @CP with 6 strides of 30 sec faster and 90 sec easy 5-6 mi total	Rest	14 mi @CP	4 mi easy	34-39
5	8/4	Rest	1 mi WU@CP 2-3 mi @ MP 1 mi CD@CP 5-6 mi total	5 mi easy	4-6 mi @CP with 4 strides of 30 sec faster and 90 sec easy 4-6 mi total	Rest	10 mi @CP	3 mi easy	27-29
6	8/11	Rest	1 mi WU@CP 5-10x800m @10k pace with 400m easy 1 mi CD@CP 6-9 mi total	5 mi easy	5-6 mi @CP with 6 strides of 30 sec faster and 90 sec easy 5-6 mi total	Rest	9 mi WU@CP 4 mi @ MP 1 mi CD@CP 14 mi total	5 mi easy	35-39
7	8/18	Rest	1 mi WU@CP 4-7 mi Fartlek - 3 min on / 1 min off 1 mi CD@CP 6-9mi total @Fleet Feet Broad Ripple	5 mi easy	5-6 mi @CP with 6 strides of 30 sec faster and 90 sec easy 5-6 mi total	Rest	16 mi @CP	5 mi easy	37-41
8	8/25	Rest	1 mi WU@CP 4-8x1200m @HMP w/ 400m easy 1 mi CD@CP 6-9 mi total	5 mi easy	5-6 mi @CP with 6 strides of 30 sec faster and 90 sec easy 5-6 mi total	Rest	18 mi @CP	5 mi easy	39-43
9	9/1	Charity XC (3.1 mi)	1 mi WU@CP 1-2x 2mi @HMP w/1 mi easy in between 1 mi CD@C 5-7 mi total	5 mi easy	5-6 mi @CP with 4 strides of 30 sec faster and 90 sec easy 5-6 mi total	Rest	10 mi @CP	4 mi easy	29-35
10	9/8	Rest	1 mi WU@CP 5-10 x5 min @HMP w /90 sec easy 1 mi CD@CP 6-9 mi total @ Athletic Annex Nora	6 mi easy	6-7 mi @CP with 8 strides of 30 sec faster and 90 sec easy 6-7 mi total	Rest	10 mi WU@CP 7mi @ MP 1 mi CD@CP 18 mi total	5 mi easy	41-45
11	9/15	Rest	1 mi WU@CP 5-7 mi w/8-18 Hill Repeats 1 mi CD@CP 7-9 mi total	6 mi easy	6-7 mi @CP with 8 strides of 30 sec faster and 90 sec easy 6-7 mi total	Rest	20 mi @CP	5 mi easy	44-47
12	9/22	Rest	1 mi WU@CP Ladder 400m @5k pace with 200m easy, 800m@10k pace with 200m easy, 1200m @HMP with 400 easy, 2-4x1600m @MP with 400 easy, 1200m@HMP pace with 400 easy, 800m@10k pace with 200 easy, 400m@5k pace with 200m easy 1 mi CD@CP 7-10 mi total	6 mi easy	6-7 mi @CP with 6 of 30 sec faster and 90 sec easy 6-7 mi total	Rest	22 mi @CP	5 mi easy	46-50

Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
13	9/29	Rest	1 mi WU@CP 3-4 mi @MP 1 mi CD@CP 5-6 mi total	5 mi easy	4-6 mi @ CP with 4 strides of 30 sec faster and 90 sec easy 4-6 mi total	Rest	Indy Half	6 WU@CP 8 mi @ MP 1 mi CD@CP 15 mi total (if no Indy Half)	27-29
14	10/6	Rest	1 mi WU@CP 6-8x1200m @HMP w/ 400m easy 1 mi CD@CP 7-10 mi total	6 mi easy	6-7 mi @ CP with 6 strides of 30 sec faster and 90 sec easy 6-7 mi total	Rest	3 WU@CP 5 mi @ MP 1 mi @CP another 5 mi @ MP 1 mi CD@CP 15 mi total	4 mi easy	39-43
15	10/13	Rest	1 mi WU@CP 5-7 mi w/10-18 Hill Repeats 1 mi CD@CP 7-9mi total	6 mi easy	6-7 mi @ CP with 8 strides of 30 sec faster and 90 sec easy 6-7 mi total	Rest	7 mi WU@CP 10 mi @ MP 1 mi CD@CP 18 mi total	5 mi easy	42-45
16	10/20	Rest	1 mi WU@CP 1 x 2 mi @ MP w/ 400m rest 2 x 800m @10k pace w/200m rest 2 x 400m @5k pace w/200m rest 1-2x 2 mi @ HMP w/400m rest 1 mi CD@CP 8-10 mi total	6 mi easy	6-7 mi @ CP with 6 strides of 30 sec faster and 90 sec easy 6-7 mi total	Rest	Run the Monon 20 mi @CP	5 mi easy	45-48
17	10/27	Rest	1 mi WU@CP 3-4x1200m with 400m easy 1 mi CD@CP 5-6 mi total	5 mi easy	4-5 mi @ CP with 4 strides of 30 sec faster and 90 sec easy 4-5 mi total	Rest	5 mi WU@CP 3 mi @ MP 2 mi CD@CP 10 mi total	4 mi easy	28-30
18	11/3	Rest	1 mi WU@CP 3 mi @ MP 1 mi CD@CP 5 mi total	3 mi easy	3 mi @ CP with 4 strides of 30 sec faster and 90 sec easy 3 mi total	Rest	Monumental Full Marathon	Rest	37

Terms CP= Conversational Pace

<https://indyrunners.org/>

HMP = Half Marathon Pace

MP = Marathon Pace

Strides = <https://youtu.be/ghqbV-VexCM>

Easy = Slow run for active recovery. Anywhere from 50-80% of CP

WU= Warmup

CD = Cool down

Fartlek = <https://www.trainingpeaks.com/blog/fartlek-workout-101/>