

2025 Indy Runners and Walkers Fall Training Program



MARATHON PLAN

Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
1	7/7	Rest	4 mi @ CP	5 mi easy	4 mi @CP	Rest	8 mi @CP	Cross/3 mi easy	21-24
2	7/14	Rest	4 mi @ CP	5 mi easy	4 mi @CP	Rest	8 mi @CP	Cross/3 mi easy	21
3	7/21	Rest	4 mi @ CP @Fleet Feet Broad Ripple	5 mi easy	4 mi @CP	Rest	10 mi @CP	Cross/3 mi easy	23
4	7/28	Rest	4mi @CP	5 mi easy	4 mi @CP	Rest	12 mi @CP	Cross/3 mi easy	25
5	8/4	Rest	4 mi @ CP	5 mi easy	4 mi @CP	Rest	8 mi @CP	Cross/3 mi easy	21
6	8/11	Rest	5 mi @ CP	5 mi easy	5 mi @CP	Rest	10 mi @CP	Cross/3 mi easy	27
7	8/18	Rest	5mi @CP @Fleet Feet Broad Ripple	5 mi easy	5 mi @CP	Rest	12 mi @CP	Cross/3 mi easy	29
8	8/25	Rest	1 mi WU@CP 3 mi @CP w/ 4 strides of 20 sec faster and 90 sec easy 1 mi CD@CP 5 mi total	5 mi easy	5 mi @CP	Rest	14 mi @CP	Cross/3 mi easy	31
9	9/1	Charity XC (3.1 mi)	4 mi @ CP	5 mi easy	4 mi @CP	Rest	10 mi @CP	Cross/3 mi easy	23-26
10	9/8	Rest	6 mi @CP @ Athletic Annex Nora	5 mi easy	6 mi @CP	Rest	4 mi WU@CP 2 x 2 mi @MP 1 mi @CP between 3 mi CD@CP 12 mi total	Cross/3 mi easy	31
11	9/15	Rest	6 mi @CP	5 mi easy	6 mi @CP	Rest	14 mi @CP	Cross/3 mi easy	33
12	9/22	Rest	1 mi WU@CP 4 mi @CP w/ 4 strides of 30 sec faster and 90 sec easy 1 mi CD@CP 6 mi total	5 mi easy	6 mi @CP	Rest	16 mi @CP	Cross/3 mi easy	35
13	9/29	Rest	5 mi @CP	5 mi easy	4 mi @CP	Rest	Indy Half	3 mi WU@CP 6 mi @ MP 3 mi CD@CP (if no Indy Half)	26
14	10/6	Rest	1 mi WU@CP 5 mi @CP w/ 6 strides of 30 sec faster and 90 sec easy 1 mi CD@CP 7 mi total	5 mi easy	6 mi @CP	Rest	16 mi @CP	Cross/4 mi easy	35
15	10/13	Rest	7 mi @CP	5 mi easy	6 mi @CP	Rest	18 mi @CP	Cross/4 mi easy	37
16	10/20	Rest	7 mi @ CP	5 mi easy	6 mi @CP	Rest	Run the Monon 20 mi @CP	Cross/4 mi easy	38
17	10/27	Rest	1 mi WU@CP 3 mi @CP w/ 6 strides of 30 sec faster and 90 sec easy 1 mi CD@CP 5 mi total	3 mi easy	4 mi @CP	Rest	3 mi WU@CP 4 mi @ MP 1 mi CD@CP 8 mi total	Cross/4 mi easy	20
18	11/3	Rest	1 mi WU@CP 2 mi @CP w/ 4 strides of 30 sec faster and 90 sec easy 1 mi CD@CP 4 mi total	Rest	1 mi WU@CP 1 mi @CP w/ 2 strides of 30 sec faster and 90 sec easy 1 mi CD@CP 3 mi total	Rest	Monumental Full Marathon		7

Terms

CP= Conversational Pace

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

Cross = Cross training (Biking, strength training, fitness class, ect)

<https://indyrunners.org/>