

**2026 Indy
Runners and
Walkers Fall
Training
Program**



ADVANCED MARATHON PLAN

	Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
Base Building	1	7/13	Rest	Track: 1 mi WU@CP 8-12 x 400m @5k pace w/200m easy 1 mi CD@CP 5-6.5 mi total	5 mi easy	5 mi @ CP with 4 strides of 30 sec faster and 90 sec easy 5 mi total	Rest	10 mi @CP	4 mi easy	29-30.5
	2	7/20	Rest	1-2-3-2-1 Structured Fartlek Pyramid: 2 mi WU @CP 1 min @ 10K pace (1 min easy) 2 min @ HMP (1 min easy) 3 min @MP (2 min easy) 4 min @MP (2 min easy) 3 min @MP (2 min easy) 2 min @ HMP (1 min easy) 1 min @ 10K pace (1 min easy) 2 mi CD @CP 7 miles total	5 mi easy	7 mi @ CP with 4 strides of 30 sec faster and 90 sec easy 7 mi total	Rest	12 mi @CP	4 mi easy	35
	3	7/27	Rest	1 mi WU@CP 6 mi w/ 10-14 Hill Repeats 1 mi CD@CP 8 mi total	5 mi easy	7 mi @ CP with 6 strides of 30 sec faster and 90 sec easy 7 mi total	Rest	14 mi @CP	5 mi easy	39
	4 Cutback Week	8/3	Rest	1 mi WU@CP 3 mi @ MP 1 mi CD@CP 5 mi total	5 mi easy	5 mi @ CP with 4 strides of 30 sec faster and 90 sec easy 5 mi total	Rest	10 mi @CP	3 mi easy	28
Strength & Speed	5	8/10	Rest	1 mi WU@CP 10x800m @10k pace with 400m easy between 1 mi CD@CP 9.5 mi total	6 mi easy	7 mi @ CP with 6 strides of 30 sec faster and 90 sec easy 7 mi total	Rest	9 mi WU @ CP 6 mi @ MP 1 mi CD@CP 16 mi total	6 mi easy	44.5
	6	8/17	Rest	1 mi WU@CP 7 mi @CP w/ Fartleks - 2 min faster w/ 1 min easy between 1 mi CD@CP 9 mi total	6 mi easy	8 mi @ CP with 6 strides of 30 sec faster and 90 sec easy 8 mi total	Rest	18 mi @CP	6 mi easy	47
	7	8/24	Rest	Rocky Ripple 1k Repeats: 1 mi WU@CP 7x1000m @10k pace with 400m easy 1 mi CD@CP 8 mi total	7 mi easy	8 mi @ CP with 6 strides of 30 sec faster and 90 sec easy 8 mi total	Rest	20 mi @CP	8 mi easy	51
	8 Cutback Week	8/31	Rest	1 mi WU@CP 2x 2mi @HMP w/1 mi easy in between 1 mi CD@C 7 mi total	4 mi easy	4 mi @ CP with 4 strides of 30 sec faster and 90 sec easy 4 mi total	Rest	14 mi @CP	4 mi easy	36

	Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
Peak Endurance and Race	9	9/7	Charity XC 3.1 mi or 3 mi on your own	1 mi WU@CP 6 x 5 min @HMP w /90 sec easy 1 mi CD@CP ~7 mi total	7 mi easy	10 mi @ CP with 6 strides of 30 sec faster and 90 sec easy 10 mi total	Rest	10 mi WU@CP 9 mi @ MP 3 mi CD@CP 22 mi total	7 mi easy	56
	10	9/14	Rest	1 mi WU@CP 6 mi w/8-18 Hill Repeats 1 mi CD@CP 8 mi total	7 mi easy	9 mi @ CP with 6 strides of 30 sec faster and 90 sec easy 9 mi total	Rest	16 mi @CP	8 mi easy	48
	11	9/21	3 mi easy	1 mi WU@CP Ladder 400m @5k pace with 200m easy, 800m@10k pace with 200m easy, 1200m @HMP with 400 easy, 2x1600m @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 8.5 mi total	7 mi easy	10 mi @ CP with 6 strides of 30 sec faster and 90 sec easy 10 mi total	Rest	24 mi @CP	7.5 mi easy	60
	12	9/28	Rest	1 mi WU@CP 5 mi @MP 1 mi CD@CP 7 mi total	9 mi easy	6 mi @ CP with 4 strides of 30 sec faster and 90 sec easy 6 mi total	Rest	Indy Half at Ft Ben 13.1 miles	9 mi easy	44
	13 Cutback Week	10/5	Rest	1 mi WU@CP 5x1200m @HMP w/ 400m easy 1 mi CD@CP 7 mi total	6 mi easy	6 mi @ CP with 6 strides of 30 sec faster and 90 sec easy 6 mi total	Rest	2 WU@CP 5 mi @ MP 1 mi @CP 5 mi @ MP 1 mi CD@CP 14 mi total	6 mi easy	39
Peak II	14	10/12	Rest	1 mi WU@CP 6 mi w/10-18 Hill Repeats 1 mi CD@CP 8 mi total	9 mi easy	8 mi @ CP with 8 strides of 30 sec faster and 90 sec easy 8 mi total	Rest	7 mi WU@CP 10 mi @ MP 1 mi CD@CP 18 mi total	9 mi easy	52
	15	10/19	6 mi easy	1 mi WU@CP 1 x 2 mi @HMP w/ 400m easy 1x 2 mi @MP w/400m easy 2 x 800m @10k pace w/200m easy 2 x 400m @5k pace w/200m easy 1 mi CD@CP 8.5 mi total	9 mi easy	10 mi @ CP with 6 strides of 30 sec faster and 90 sec easy 10 mi total	Rest	Run the Monon 20 mi @ CP	9.5 mi easy	63
Taper	16	10/26	Rest	1 mi WU@CP 4x1200m with 400m easy 1 mi CD@CP 6 mi total	8 mi easy	6 mi @ CP with 4 strides of 30 sec faster and 90 sec easy 6 mi total	Rest	5 mi WU@CP 3 mi @ MP 2 mi CD@CP 10 mi total	8 mi easy	38
	17	11/2	Rest	1 mi WU@CP 2 mi @ MP 1 mi CD@CP 4 mi total	3 mi easy	3 mi @ CP with 4 strides of 30 sec faster and 90 sec easy 3 mi total	Rest	Monumental Marathon 26.2 miles	Rest	36

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
Fartlek = <https://www.trainingpeaks.com/blog/fartlek-workout-101/>
Strength Training: Develop and follow your program, several times per week. This might include squats, lunges, glute bridges, curls, clam shells, deadlifts, etc.

<https://indyrunners.org/>