

HAMPTONS ADVANCED MARATHON PROGRAM

WEEK	WEEK OF	MON	TUES	WEDS	THURS	FRI	SAT	SUN	VO2 INTERVALS
1	6/10/19	REST	TEMPO 5	4	X-TRAIN	3	VO2 INTERVALS 5.5	9	4X4 MIN
2	6/17/19	REST	TEMPO 5	4	X-TRAIN	3	VO2 INTERVALS 6	10	2X (4/3/2 MIN)
3	6/24/19	REST	TEMPO 5	5	X-TRAIN	4	VO2 INTERVALS 5	12	6X2 MIN
4	7/1/19	REST	TEMPO 6	6	X-TRAIN	4	VO2 INTERVALS 6.5	10	4X YASSO 800S***
5	7/8/19	REST	TEMPO 6	5	X-TRAIN	4	VO2 INTERVALS 6	13	LADDER 3/4/5/6
6	7/15/19	REST	TEMPO 6	7	X-TRAIN	5	VO2 INTERVALS 6	14	6X3 MIN
7	7/22/19	REST	TEMPO 6	6	X-TRAIN	4	VO2 INTERVALS 7	12	4X1200M
8	7/29/19	REST	TEMPO 6	8	X-TRAIN	5	VO2 INTERVALS 6	15	2X (4/3/2 MIN)
9	8/5/19	REST	TEMPO 6	6	X-TRAIN	6	VO2 INTERVALS 5.5	18	8X2 MIN
10	8/12/19	REST	TEMPO 7	8	X-TRAIN	5	VO2 INTERVALS 6.5	12	5X2 YASSO 800S***
11	8/19/19	REST	TEMPO 7	7	X-TRAIN	4	VO2 INTERVALS 7	14-16	LADDER 3/4/5/6/7
12	8/26/19	REST	TEMPO 7	9	X_TRAIN	5	VO2 INTERVALS 6	18-20	5X4 MIN
13	9/2/19	REST	TEMPO 7.5	8	X-TRAIN	4	VO2 INTERVALS 6.5	16	7X3 MIN
14	9/9/19	REST	TEMPO 6	5	X-TRAIN	4	VO2 INTERVALS 6.5	20-22	10X2 MIN
15	9/16/19	REST	TEMPO 5	4	X-TRAIN	VO2 INT 4	10-12 LONG	16	2X4 MIN
16	9/23/19	REST	TEMPO 4	4	3-EASY	REST	MARATHON 26.2!		

Tempo pace is somewhere between 10K and 1/2 marathon race pace.
It should feel slightly uncomfortable yet sustainable.

Most VO2 intervals are 2:1 Work:Rest ratios. Rest is slow but active. Walking or slow jogging.
VO2 intervals should be run around 5K race pace. They should feel challenging. This pace is not sustainable for long periods.

***Yasso 800s are a marathon workout developed by Bart Yasso. Yasso 800s are 1:1 Work:Rest ratio.
The theory is to run an 800m (1/2 mile) at a time that matches your goal marathon time.
For example, if your goal marathon time is 3 hours, 30 minutes, then you would aim for a 3 minute, 30 second 800 m.
After the interval, you get the same amount of rest, so in this case, 3:30 of rest, and then repeat.

* Estimated mileage based on 8 minute per mile average pace.
Mileage will vary according to pace of intervals, rest intervals, warm-up, and cool down.