Cork City Marathon - Marathon Plan Experienced

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1	5 mile jog	rest	3 miles (1 mile jog, followed by one mile run, followed by 1 mile jog)	rest	4 miles jog	8 miles jog	Rest	20
2	6 mile jog	rest	5 mile run (3 jog, 2 run, jog/run/jog/run/jog)	rest	4 miles jog	9 miles jog	rest	24
3	6 mile jog	rest	3 mile run	rest	4 miles jog	10 miles jog	10 miles jog	33
4	6 mile jog	rest	4 miles jog	rest	4 miles jog	11 miles jog	10 miles jog	35
5	rest	7 mile jog	3 miles (approx 3 or 4 short 75 meter random sprints during 3 mile jog)	rest	4 miles jog	13 miles jog	10 miles jog	37
6	rest	8 mile jog	4 X 800 meter repeat sprints even (Yasso 800s)*	rest	4 miles jog	15 miles jog	10 miles jog	39
7	rest	8 mile jog	5 x 800 meter repeat sprints even (Yasso 800s) *	rest	4 miles jog	17 miles jog	10 miles jog	41.5
8	rest	7 mile jog	5 x 800 meter repeat sprints even (Yasso 800s) *	rest	4 miles jog	20 miles jog	10 miles jog	43.5
9	rest	7 mile jog	6 X 800 meter repeat sprints even (Yasso 800s) *	rest	4 miles jog	20 miles jog	10 miles jog	44
10	rest	6 mile jog	7 X 800 meter repeat sprints even (Yasso 800s) *	rest	4 miles jog	17 miles jog	10 miles jog	40.5
11	rest	8 mile jog	9 X 800 Meter repeat sprints even (Yasso 800s) *	rest	4 miles jog	20 miles jog	10 miles jog	46.5
12	rest	6 mile jog	10 X 800 meter repeat sprints even (Yasso 800s) *	rest	6 mile jog	15 miles jog	10 miles jog	42
13	rest	6 mile jog	4 miles (approx 4 or 5 short random 75 meter sprints during 4 mile jog)	rest	4 miles jog	13 miles jog	rest	27
14	6 miles	rest	3 miles (approx 4 or 5 short random 75 meter sprints during 3 mile jog)	rest	4 miles jog	10 miles jog	Rest	23
15	rest	2 miles jog	4 mile jog	rest	3 mile jog	Rest	Raceday	35

*Yasso 800s are 800M interval sprints at a pace replacing your marathon goal of hours and minutes to minutes and seconds. 800m = 1/2 mile
So for example if your marathon target is 3 hour 30 minute you should run each 800m in 3 mins 30 seconds and for a 3 hour Marathon target you should run each 800M in 3 minutes.
Traditionally gaps between intervals are set rougly at 3 to 3 mins 30 seconds. But this can be shortened depending on the runner.