



## Marathon Training Program Intermediate Runner

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	4 Easy	6 Tempo	4 Easy	5 Pace	OFF or X Train	5 Long Run	OFF or X Train	24
2	4 Easy	6 Tempo	4 Easy	5 Pace	OFF or X Train	6 Long Run	OFF or X Train	25
3	3 Easy	4 Tempo	5 Easy	6 Pace	OFF or X Train	8 Long Run	OFF or X Train	26
4	5 Easy	5 Tempo	3 Easy	6 Pace	OFF or X Train	10 Long Run	OFF or X Train	29
5	4 Easy	7 Tempo	5 Easy	4 Pace	OFF or X Train	12 Long Run	OFF or X Train	32
6	5 Easy	7 Tempo	4 Easy	6 Pace	OFF or X Train	8 Long Run	OFF or X Train	30
7	5 Easy	5 Tempo	4 Easy	7 Easy	OFF or X Train	14 Long Run	OFF or X Train	35
8	5 Easy	8 Tempo	6 Easy	4 Pace	OFF or X Train	10 Long Run	OFF or X Train	30
9	5 Easy	8 Tempo	4 Easy	5 Pace	OFF or X Train	16 Long Run	OFF or X Train	38
10	4 Easy	8 Tempo	6 Easy	6 Pace	OFF or X Train	10 Long Run	OFF or X Train	34
11	3 Easy	9 Tempo	4 Easy	7 Pace	OFF or X Train	18 Long Run	OFF or X Train	41
12	6 Easy	10 Tempo	4 Easy	4 Pace	OFF or X Train	12 Long Run	OFF or X Train	36
13	7 Easy	8 Tempo	5 Easy	4 Pace	OFF or X Train	20 Long Run	OFF or X Train	44
14	3 Easy	7 Tempo	6 Easy	7 Pace	OFF or X Train	10 Long Run	OFF or X Train	33
15	7 Easy	8 Tempo	6 Easy	5 Pace	OFF or X Train	22 Long Run	OFF or X Train	48
16	4 Easy	7 Tempo	5 Easy	8 Pace	OFF or X Train	8 Long Run	OFF or X Train	32
17	4 Easy	6 Tempo	6 Easy	4 Easy	OFF or X Train	14 Long Run	OFF or X Train	34
18	4 Easy	5 Tempo	3 Easy	5 Easy	OFF or X Train	12 Long Run	OFF or X Train	29
19	4 Easy	4 Pace	5 Easy	5 Easy	OFF or X Train	8 Long Run	OFF	26
20	3 Easy	3 Easy	2 Easy	OFF	2 Easy	OFF	MARATHON	36.2
21	OFF	1 Walk	OFF	2 Walk	2 Walk	OFF	OFF	5

**Long runs may be done either Saturday or Sunday.**

**Remember, do not double up on workouts. If you miss one, you miss one. So what!**

**Runs should be done at a comfortable pace, unless marked otherwise. You should be able to converse. Exceptions:**

**Tempo Runs-** Begin and end with at least 1 mile of easy running. Middle part of run slightly faster than marathon pace, but NOT faster than 10K pace or more than 80% of Maximum Heart Rate (MHR).

**Pace Runs-** Projected marathon pace. As above, begin and end with 1 mile easy running (included in total distance).