

# Training Plans • Marathon Intermediate

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# Training Plans • Marathon Intermediate



Week 1

2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Week 1



| Sunday   | Monday    | Tuesday   | Wed.  | Thursday  | Friday  | Saturday  |
|--|-----------|---|---|---|---|---|
| 10 miles.<br>Long distance run at a conversational pace. | Rest day. | 5 miles.<br>Long distance run at a conversational pace. | 4 miles.<br>Long distance run at a conversational pace. | 4x 1 mile runs at tempo<br>pace 1 minute recovery jog between each. | 5 miles.<br>Long distance run at a conversational pace. | 4x 90 second hill walk with 1 minute recovery jog between each. |
|  |           | 5x 20 second strides.                                   |   |   |   | 1 mile warm up and cool down.                                   |

Notes:

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# Training Plans • Marathon Intermediate



Week 2



| Sunday   | Monday  | Tuesday   | Wed.  | Thursday  | Friday  | Saturday  |
|--|---|---|---|---|---|---|
| 11 miles.<br>Long distance run at a conversational pace. | 4 miles.<br>Long distance run at a conversational pace. | 5 miles.<br>Long distance run at a conversational pace. | 4 miles.<br>Long distance run at a conversational pace. | 3 mile run at tempo.<br><br>1 mile warm up and cool down. | 5 miles.<br>Long distance run at a conversational pace. | 8x 400M with 400M recovery jog at 95-100 seconds. |
|  |   | 5x 20 second strides.                                   |   |   | 5x 20 second strides.                                   | 1 mile warm up and cool down.                     |

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# Training Plans • Marathon Intermediate



| Sunday   | Monday  | Tuesday   | Wed.   | Thursday  | Friday  | Saturday  |
|--|---|---|--|---|---|---|
| 12 miles.<br>Long distance run at a conversational pace. | 3 miles.<br>Long distance run at a conversational pace. | 5 miles.<br>Long distance run at a conversational pace. | 5x 1200M at tempo pace with 1 minute of rest between each. | 5 miles.<br>Long distance run at a conversational pace. | 5 miles.<br>Long distance run at a conversational pace. | 6x 90 second hill walk with 1 minute recovery jog between each. |
|  |   | 5x 20 second strides.                                   | 10 minute warm up and cool down.                           |   | 5x 20 second strides.                                   | 1 mile warm up and cool down.                                   |

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# Training Plans • Marathon Intermediate



Week 4



| Sunday   | Monday    | Tuesday   | Wed.  | Thursday  | Friday  | Saturday  |
|--|-----------|---|---|---|---|---|
| 10 miles.<br>Long distance run at a conversational pace. | Rest day. | 6 miles.<br>Long distance run at a conversational pace. | 8x 400M at tempo pace with 400M recovery jog at 95-100 seconds. | 7 miles.<br>Long distance run at a conversational pace. | 4 miles.<br>Long distance run at a conversational pace. | 5K road race or 3 miles at tempo with 2 mile warm up and cool down. |
|  |           | 5x 20 second strides.                                   | 1 mile warm up and cool down.                                   |   | 5x 20 second strides.                                   |   |

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# Training Plans • Marathon Intermediate



## Week 5



| Sunday   | Monday  | Tuesday  | Wed.   | Thursday  | Friday   | Saturday  |
|--|---|--|--|---|--|---|
| 14 miles.<br>Long distance run at a conversational pace. | 4 miles.<br>Long distance run at a conversational pace. | 7 miles.<br>Long distance run at a conversational pace.<br><br>5x 20 second strides. | 5x 1 mile runs at tempo pace with 1 minute recovery jog between each.<br><br>1 mile warm up and cool down. | 7 miles.<br>Long distance run at a conversational pace. | 4 miles.<br>Long distance run at a conversational pace.<br><br>5x 20 second strides. | 5K road race or 3 miles at tempo with 2 mile warm up and cool down. |

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# Training Plans • Marathon Intermediate



## Week 6



| Sunday   | Monday  | Tuesday   | Wed.  | Thursday  | Friday  | Saturday                      |
|--|---|---|---|---|---|-------------------------------|
| 12 miles.<br>Long distance run at a conversational pace. | 4 miles.<br>Long distance run at a conversational pace. | 7 miles.<br>Long distance run at a conversational pace. | 6x 800M at 3:25 pace with 3 minute recovery jog between each. | 7 miles.<br>Long distance run at a conversational pace. | 4 miles.<br>Long distance run at a conversational pace. | 5 miles at marathon pace.     |
|  |   | 5x 20 second strides.                                   | 1 mile warm up and cool down.                                 |   | 5x 20 second strides.                                   | 1 mile warm up and cool down. |

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# Training Plans • Marathon Intermediate



## Week 7



| Sunday   | Monday    | Tuesday   | Wed.  | Thursday  | Friday  | Saturday   |
|--|-----------|---|---|---|---|--|
| 16 miles.<br>Long distance run at a conversational pace. | Rest day. | 8 miles.<br>Long distance run at a conversational pace. | 8x 90 second hill walk with 1 minute recovery jog between each. | 7 miles.<br>Long distance run at a conversational pace. | 4 miles.<br>Long distance run at a conversational pace. | 3x 2 mile runs at tempo with 2 minute recovery jog between each. |
|  |           | 5x 20 second strides.                                   | 1 mile warm up and cool down.                                   |   | 5x 20 second strides.                                   | 1 mile warm up and cool down.                                    |

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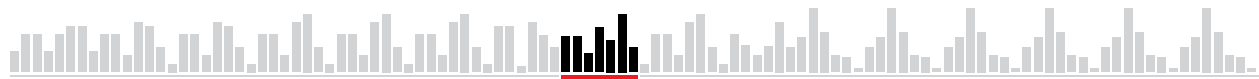


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# Training Plans • Marathon Intermediate



## Week 8



| Sunday   | Monday  | Tuesday   | Wed.   | Thursday  | Friday  | Saturday  |
|--|---|---|--|---|---|---|
| 13 miles.<br>Long distance run at a conversational pace. | 8 miles.<br>Long distance run at a conversational pace. | 5 miles.<br>Long distance run at a conversational pace. | 6x 800M with 3 minute recovery jog between each. | 7 miles.<br>Long distance run at a conversational pace. | 5 miles.<br>Long distance run at a conversational pace. | 10K Road race or 6 mile tempo run at 7:30 pace. |
|  |   | 5x 20 second strides.                                   | 1 mile warm up and cool down.                    |   | 5x 20 second strides.                                   | 1 mile warm up and cool down.                   |

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# Training Plans • Marathon Intermediate



| Sunday   | Monday  | Tuesday   | Wed.  | Thursday  | Friday  | Saturday                      |
|--|---|---|---|---|---|-------------------------------|
| 18 miles.<br>Long distance run at a conversational pace. | 5 miles.<br>Long distance run at a conversational pace. | 7 miles.<br>Long distance run at a conversational pace. | 4x 1200M with 5 minute recovery jog between each. | 6 miles.<br>Long distance run at a conversational pace. | 5 miles.<br>Long distance run at a conversational pace. | 7 miles at marathon pace.     |
|  |   | 5x 20 second strides.                                   | 1 mile warm up and cool down.                     |   | 5x 20 second strides.                                   | 1 mile warm up and cool down. |

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# Training Plans • Marathon Intermediate



| Sunday   | Monday    | Tuesday  | Wed.   | Thursday  | Friday   | Saturday   |
|--|-----------|--|--|---|--|--|
| 2 miles easy, 9 miles at marathon pace.<br><br>1 mile cool down. | Rest day. | 7 miles.<br>Long distance run at a conversational pace.<br><br>5x 20 second strides. | 10x 400M with 2 minute recovery jog at 95-100 seconds<br><br>1 mile warm up and cool down. | 7 miles.<br>Long distance run at a conversational pace. | 5 miles.<br>Long distance run at a conversational pace.<br><br>5x 20 second strides. | 10 miles.<br>Long distance run at a conversational pace. |

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# Training Plans • Marathon Intermediate



1 2 3 4 5 6 7 8 9 10 **Week 11** 12 13 14 15 16

Week 11



| Sunday   | Monday  | Tuesday   | Wed.   | Thursday  | Friday  | Saturday                      |
|--|---|---|--|---|---|-------------------------------|
| 20 miles.<br>Long distance run at a conversational pace. | 5 miles.<br>Long distance run at a conversational pace. | 8 miles.<br>Long distance run at a conversational pace. | 8x 800M with 3 minute recovery jog between each. | 7 miles.<br>Long distance run at a conversational pace. | 5 miles.<br>Long distance run at a conversational pace. | 6 mile tempo run.             |
|  |   | 5x 20 second strides.                                   | 1 mile warm up and cool down.                    |   | 5x 20 second strides.                                   | 1 mile warm up and cool down. |

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# Training Plans • Marathon Intermediate



1 2 3 4 5 6 7 8 9 10 11 **Week 12** 13 14 15 16

Week 12



| Sunday   | Monday  | Tuesday   | Wed.   | Thursday  | Friday  | Saturday                        |
|--|---|---|--|---|---|---------------------------------|
| 10 miles.<br>Long distance run at a conversational pace. | 6 miles.<br>Long distance run at a conversational pace. | 8 miles.<br>Long distance run at a conversational pace. | 8x 90 second hill walk with recovery jog between each. | 8 miles.<br>Long distance run at a conversational pace. | 5 miles.<br>Long distance run at a conversational pace. | Half marathon at marathon pace. |
|  |   | 5x 20 second strides.                                   | 1 mile warm up and cool down.                          |   | 5x 20 second strides.                                   | 1 mile warm up and cool down.   |

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# Training Plans • Marathon Intermediate



1 2 3 4 5 6 7 8 9 10 11 12 **Week 13** 14 15 16

Week 13



| Sunday   | Monday    | Tuesday   | Wed.   | Thursday  | Friday  | Saturday                      |
|--|-----------|---|--|---|---|-------------------------------|
| 10 miles.<br>Long distance run at a conversational pace. | Rest day. | 5 miles.<br>Long distance run at a conversational pace. | 8x 800M with 3 minute recovery jog between each. | 6 miles.<br>Long distance run at a conversational pace. | 5 miles.<br>Long distance run at a conversational pace. | 10 miles at marathon pace.    |
|  |           | 5x 20 second strides.                                   | 1 mile warm up and cool down.                    |   | 5x 20 second strides.                                   | 1 mile warm up and cool down. |

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# Training Plans • Marathon Intermediate



1 2 3 4 5 6 7 8 9 10 11 12 13 **Week 14** 15 16

Week 14



| Sunday   | Monday    | Tuesday   | Wed.  | Thursday  | Friday  | Saturday   |
|--|-----------|---|---|---|---|--|
| 14 miles.<br>Long distance run at a conversational pace. | Rest day. | 5 miles.<br>Long distance run at a conversational pace. | 10x 400M with 2 minute recovery job at 90-95 seconds. | 6 miles.<br>Long distance run at a conversational pace. | 5 miles.<br>Long distance run at a conversational pace. | 2 mile run at tempo, 1 hour easy, 2 mile run at tempo. |
|  |           | 5x 20 second strides.                                   | 1 mile warm up and cool down.                         |   | 5x 20 second strides.                                   | 1 mile warm up and cool down.                          |

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# Training Plans • Marathon Intermediate



1 2 3 4 5 6 7 8 9 10 11 12 13 14 **Week 15** 16

Week 15



| Sunday  | Monday  | Tuesday   | Wed.   | Thursday  | Friday  | Saturday                      |
|---|---|---|--|---|---|-------------------------------|
| 8 miles.<br>Long distance run at a conversational pace. | 3 miles.<br>Long distance run at a conversational pace. | 5 miles.<br>Long distance run at a conversational pace. | 5x 1 mile runs at tempo with 1 minute recovery job between each. | 5 miles.<br>Long distance run at a conversational pace. | 4 miles.<br>Long distance run at a conversational pace. | 15 miles at marathon pace.    |
|   |   | 5x 20 second strides.                                   | 1 mile warm up and cool down.                                    |   |   | 1 mile warm up and cool down. |

Notes:

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# Training Plans • Marathon Intermediate



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Week 16

Week 16



| Sunday    | Monday  | Tuesday   | Wed.  | Thursday  | Friday  | Saturday       |
|-----------|---|---|---|-----------|---|----------------|
| Rest day. | 5 miles.<br>Long distance run at a conversational pace. | 4x 1000M at 4:15 tempo pace.<br><br>1 mile warm up and cool down. | 3 miles.<br>Long distance run at a conversational pace. | Rest day. | 3 miles.<br>Long distance run at a conversational pace. | Run your race! |

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