

Marathon Training Program – Intermediate (16 Weeks)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	R	E (4 miles)	CT (30 min)	TR (4 miles)	R or E (3 miles)	LR (8 miles)	CT (30 min)
2	R	E (5 miles)	CT (30-45 min)	FR (4 miles)	R or E (4 miles)	LR (9 miles)	CT (30 min)
3	R	E (5 miles)	CT (30-45 min)	HS (5 x 30 sec)	R or E (4 miles)	LR (10 miles)	CT (30 min)
4	R	E (5 miles)	CT (30-45 min)	TR (5 miles)	R or E (4 miles)	LR (11 miles)	CT (30 min)
5	R	E (5-6 miles)	CT (30-45 min)	FR (5 miles)	R or E (4-5 miles)	LR (12 miles)	CT (30 min)
6	R	E (6 miles)	CT (30-45 min)	HS (6 x 30 sec)	R or E (5 miles)	LR (13 miles)	CT (30 min)
7	R	E (6 miles)	CT (30-45 min)	TR (6 miles)	R or E (5 miles)	LR (14 miles)	CT (30 min)
8	R	E (6 miles)	CT (30-45 min)	FR (6 miles)	R or E (5 miles)	LR (15 miles)	CT (30 min)
9	R	E (6-7 miles)	CT (30-45 min)	HS (6 x 30 sec)	R or E (5-6 miles)	LR (16 miles)	CT (30 min)
10	R	E (7 miles)	CT (30-45 min)	TR (7 miles)	R or E (5-6 miles)	LR (17 miles)	CT (30 min)
11	R	E (7 miles)	CT (30-45 min)	FR (7 miles)	R or E (6 miles)	LR (18 miles)	CT (30 min)
12	R	E (7-8 miles)	CT (30-45 min)	HS (7 x 30 sec)	R or E (6 miles)	LR (19 miles)	CT (30 min)
13	R	E (8 miles)	CT (30-45 min)	TR (8 miles)	R or E (6-7 miles)	LR (20 miles)	CT (30 min)
14	R	E (8 miles)	CT (30-45 min)	FR (8 miles)	R or E (6-7 miles)	LR (21 miles)	CT (30 min)
15	R	E (8 miles)	CT (30-45 min)	HS (8 x 30 sec)	R or E (6-7 miles)	LR (22 miles)	CT (30 min)
16	R	E (4-5 miles)	CT (30 min)	E (3 miles)	R	R	Race Day!

Key: Easy Run (E) Rest (R) Long Run (LR) Cross – Training (CT)
Hill Sprints (HS) Tempo Run (TR) Fartlek Run (FR)