

Marathon Intermediate



The major difference between the intermediate programs and the novice programs is that you now do back-to-back runs on the weekend: a run at marathon pace on Saturday and a long run at a slower pace on Sunday. *Add strength on Tues/Thurs

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Cross-train	3-mile run	5-mile run	3-mile run	Rest	5-mile pace	8-mile run
2	Cross-train	3-mile run	5-mile run	3-mile run	Rest	5-mile run	9-mile run
3	Cross-train	3-mile run	5-mile run	3-mile run	Rest	5-mile pace	6-mile run
4	Cross-train	3-mile run	6-mile run	3-mile run	Rest	6-mile pace	11-mile run
5	Cross-train	3-mile run	6-mile run	3-mile run	Rest	6-mile run	12-mile run
6	Cross-train	3-mile run	5-mile run	3-mile run	Rest	6-mile pace	9-mile run
7	Cross-train	4-mile run	7-mile run	4-mile run	Rest	7-mile pace	14-mile run
8	Cross-train	4-mile run	7-mile run	4-mile run	Rest	7-mile run	15-mile run
9	Cross-train	4-mile run	5-mile run	4-mile run	Rest	Rest	Half Marathon
10	Cross-train	4-mile run	8-mile run	4-mile run	Rest	8-mile pace	17-mile run
11	Cross-train	5-mile run	8-mile run	5-mile run	Rest	8-mile run	18-mile run
12	Cross-train	5-mile run	5-mile run	5-mile run	Rest	8-mile pace	13-mile run
13	Cross-train	5-mile run	8-mile run	5-mile run	Rest	5-mile pace	20-mile run
14	Cross-train	5-mile run	5-mile run	5-mile run	Rest	8-mile run	12-mile run
15	Cross-train	5-mile run	8-mile run	5-mile run	Rest	5-mile pace	20-mile run
16	Cross-train	5-mile run	6-mile run	5-mile run	Rest	4-mile pace	12-mile run
17	Cross-train	4-mile run	5-mile run	4-mile run	Rest	3-mile run	8-mile run
18	Cross-train	3-mile run	4-mile run	Rest	Rest	2-mile run	Marathon