

INTERMEDIATE MARATHON TRAINING PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1		Tempo run (6–7 miles) Pace:		Hill running (4 x 800m) Pace:			Long slow run (13 miles) Pace:
Week 2		Tempo run (6–7 miles) Pace:		Hill running (4 x 800m) Pace:			Long slow run (14 miles) Pace:
Week 3		Tempo run (7–8 miles) Pace:		Hill running (5 x 800m) Pace:			Long slow run (15 miles) Pace:
Week 4		Tempo run (8–9 miles) Pace:		Hill running (6 x 800m) Pace:			Long slow run (16 miles) Pace:
Week 5		Tempo run (9–10 miles) Pace:	Cross training (60 minutes)	Hill running (7 x 800m) Pace:			Long slow run (17 miles) Pace:
Week 6		Tempo run (9–10 miles) Pace:	Cross training (60 minutes)	Hill running (8 x 800m) Pace:			Long slow run (18 miles) Pace:
Week 7		Tempo run (10–11 miles) Pace:	Cross training (60 minutes)	Speedwork (4 x 1 mile) Pace:	Recovery run (3–4 miles) Pace:		Long slow run (19 miles) Pace:
Week 8		Tempo run (10–11 miles) Pace:	Cross training (60 minutes)	Speedwork (5 x 1 mile) Pace:	Recovery run (3–4 miles) Pace:		Long slow run (20 miles) Pace:
Week 9		Tempo run (11–12 miles) Pace:	Cross training (60 minutes)	Speedwork (6 x 1 mile) Pace:	Recovery run (3–4 miles) Pace:		Long slow run (21 miles) Pace:
Week 10		Tempo run (12–13 miles) Pace:	Cross training (60 minutes)	Speedwork (7 x 1 mile) Pace:	Recovery run (3–4 miles) Pace:		Long slow run (22 miles) Pace:
Week 11		Tempo run (12–13 miles) Pace:	Cross training (60 minutes)	Speedwork (8 x 1 mile) Pace:	Recovery run (3–4 miles) Pace:		Tempo run (13 miles) Pace:
Week 12		Recovery run (10 miles) Pace:					Race day Pace: