

Intermediate Marathon Training Plan

Congratulations, you made it this far! Getting to the first week of marathon training has taken incredible discipline and self confidence. Now you are going to take on a challenge that is truly life changing. This training schedule is based on a 3 day a week running plan with focused cross training between runs. Many running experts recommend this formula to reduce stress to joints and muscles. To learn more about marathon training sign up for the free audio gift “The Seven Pillars of Successful Marathon Training” found on our [home page](#).

Important Reminders: Before you start this schedule you should have completed at least 1 previous marathon and be comfortably running 20 miles a week. *Always check with your doctor before beginning your marathon training.

- Be sure to **warm up** by walking briskly for 5 minutes before beginning each run.
- After completing workout, **cool down** by walking for 5 minutes.
- **Stretch** after every run when muscles are warm to increase flexibility and decrease injuries. Focus on hips, quadriceps, hamstrings, and calves.

	Sunday	Monday	Tuesday	Wednesday	Thurs	Friday	Sat	Total
Week 1	Rest	5 Easy	XT	5 Tempo	XT	XT or Rest	8 LR	18
Week 2	Rest	6 Easy	XT	5 Hills	XT	XT or Rest	9 LR	20
Week 3	Rest	6 Easy	XT	6 Tempo	XT	XT or Rest	10 LR	22
Week 4	Rest	7 Easy	XT	6 Hills	XT	XT or Rest	8 LR	21
Week 5	Rest	6 Easy	XT	6 Tempo	XT	XT or Rest	12 LR	24
Week 6	Rest	5 Easy	XT	6 Hills	XT	XT or Rest	14 LR	25
Week 7	Rest	5 Easy	XT	6 Tempo	XT	XT or Rest	16 LR	27
Week 8	Rest	6 Easy	XT	6 Hills	XT	XT or Rest	12 LR	24
Week 9	Rest	6 Easy	XT	5 Tempo	XT	XT or Rest	18 LR	29
Week 10	Rest	4 Easy	XT	6 Hills	XT	XT or Rest	20 LR	30
Week 11	Rest	4 Easy	XT	8 Tempo	XT	XT or Rest	16 LR	28
Week 12	Rest	8 Easy	XT	6 Hills	XT	XT or Rest	12 LR	26
Week 13	Rest	6 Easy	XT	6 Tempo	XT	XT or Rest	20 LR	32
Week 14	Rest	4 Easy	XT	8 Easy	XT	XT or Rest	12 LR	24
Week 15	Rest	6 Easy	XT	6 Tempo	XT	XT or Rest	8 LR	20
Week 16	Rest	5 Easy	XT	4 Easy	XT	XT or Rest	26.2	36.2

Explanation of Terms:

Rest = take a break today, rest your body and mind.

Easy = run at a steady comfortable pace, 60-75% maximum heart rate, you should be able to talk in short sentences.

XT = cross-train, this should be a low-impact activity like swimming, cycling, yoga, elliptical, rowing, or weight training.

Tempo = run 1 mile at an easy pace then $\frac{1}{4}$ mile at a comfortably hard pace (heart rate 75-85% max), then easy $\frac{1}{4}$ mile, repeat until you have $\frac{1}{2}$ mile left and cool down with an easy pace.

Hills = warm up for 1 mile at easy pace, find the best hills along your route and run up hill at a steady pace, then run down and repeat or run to next set of hills. Finish workout with 1 mile easy running. On the treadmill warm up for 1 mile then increase incline to 2.5-3.5 for $\frac{1}{4}$ mile, then set the incline on 1.0 for $\frac{1}{4}$ mile, repeat until you have 1 mile left and cool down with easy pace.

LR = Long Run. These can be changed to fit your schedule (for example, you may choose to do your long run on Sunday instead of Saturday). Make the day before your long run a light cross-training or rest day. You should also make the day after a long run a rest day. The long run should be done approximately 1 minute/mile slower than your normal pace.

MP= Marathon Pace. Do these workouts at the pace you want to sustain during your marathon.



For helpful tips and motivation, check out the Marathon Training Academy [podcast](#) found in the iTunes store. We wish you ultimate success in reaching your running goals!