

INTERMEDIATE MARATHON - 4 DAYS - 20 WEEKS W/STRENGTH

DAILY WARM UP

Start off each workout with a 5-10 minute brisk walk. This helps loosen your muscles and gets your heart/lungs ready for your workout.

(R) = Rest Day (S) = Strength

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 MILES EASY	S	4 MILES EASY	4 MILES EASY W/STRIDES	S	5 MILES LONG RUN	R

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 MILES EASY	S	5 MILES EASY W/STRIDES	2 MILES TEMPO	S	6 MILES LONG RUN	R

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 MILES EASY	S	5 MILES EASY W/STRIDES	6X400M PASSIVE INTERVALS	S	7 MILES LONG RUN	R

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 MILES EASY	S	5 MILES EASY W/STRIDES	3 MILES TEMPO	S	6 MILES LONG RUN	R

DAILY COOL DOWN

Finish each workout with an easy cool down. This helps your heart rate to return to a normal level and helps your muscles relax properly to facilitate recovery and minimize post workout soreness



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WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 MILES RECOVERY	S	5 MILES EASY	6X400M PASSIVE INTERVALS	S	7 MILES LONG RUN	R

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 MILES RECOVERY	S	5 MILES EASY W/STRIDES	3 MILES TEMPO	S	8 MILES LONG RUN	R

WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 MILES RECOVERY	S	6 MILES EASY	6X400M ACTIVE INTERVALS	S	8 MILES LONG RUN	R

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	S	6 MILES EASY W/STRIDES	4 MILES TEMPO	S	10 MILES LONG RUN	R

DAILY COOL DOWN



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WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	S	7 MILES EASY	8X400M PASSIVE INTERVALS	S	9 MILES LONG RUN	R

WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	S	7 MILES EASY W/STRIDES	4 MILES TEMPO	S	12 MILES LONG RUN	R

WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	S	7 MILES EASY	6X800M PASSIVE INTERVALS	S	14 MILES LONG RUN	R

WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	S	8 MILES EASY W/STRIDES	5 MILES TEMPO	S	16 MILES LONG RUN	R

DAILY COOL DOWN



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WEEK 13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 MILES RECOVERY	S	6 MILES EASY	8X800M PASSIVE INTERVALS	S	12 MILES LONG RUN	R

WEEK 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	S	8 MILES EASY	6 MILES TEMPO	S	16 MILES LONG RUN	R

WEEK 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	S	9 MILES EASY	8X800M PASSIVE INTERVALS	S	18 MILES LONG RUN	R

WEEK 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 MILES RECOVERY	S	6 MILES EASY W/STRIDES	5 MILES TEMPO	S	14 MILES LONG RUN	R

DAILY COOL DOWN



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WEEK 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	S	10 MILES EASY	8X800M PASSIVE INTERVALS	S	20 MILES LONG RUN	R


WEEK 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	S	8 MILES EASY	5 MILES TEMPO	S	14 MILES LONG RUN	R

WEEK 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	S	5 MILES EASY W/STRIDES	3 MILES TEMPO	R	8 MILES LONG RUN	R

WEEK 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	R	3 MILES EASY	2 MILES EASY	R		R

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RunBuzz