

INTERMEDIATE MARATHON - 4 DAYS - 20 WEEKS

DAILY WARM UP

(R) = Rest Day

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.

WEEK 1

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

WEEK 2

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

WEEK 3

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

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 MILES EASY	R	5 MILES EASY W/STRIDES	3 MILES TEMPO	R	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	R	5 MILES EASY	6X400M PASSIVE INTERVALS	R	7 MILES LONG RUN	R

WEEK 6

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

WEEK 7

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

WEEK 8

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

DAILY COOL DOWN



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WEEK 9

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

WEEK 10

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

WEEK 11

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

WEEK 12

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

DAILY COOL DOWN



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WEEK 13

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

WEEK 14

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

WEEK 15

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

WEEK 16

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

DAILY COOL DOWN



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WEEK 17

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


WEEK 18

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

WEEK 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MILES RECOVERY	R	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

DAILY COOL DOWN

RunBuzz

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