

MARATHON INTERMEDIATE

IMPORTANT TO WARM UP & COOL DOWN - HAVE A REST DAY BETWEEN RUN DAYS

12012	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
MONDAY	REST	REST	REST	REST	REST	REST
TUESDAY	Total Time: 30 Mins Warm Up 5 Mins Brisk Walk RUN 20 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 35 Mins Warm Up 5 Mins Brisk Walk RUN 25 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 40 Mins Warm Up 5 Mins Brisk Walk RUN 30 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 45 Mins Warm Up 5 Mins Brisk Walk RUN 35 Mins - Steady Cool Down 5 Mins easy walk.	Total Time: 50 Mins Warm Up 5 Mins Brisk Walk RUN 40 Mins - Steady Cool Down 5 Mins easy walk.	Total Time: 50 Mins Warm Up 5 Mins Brisk Walk RUN 45 Mins - Steady Cool Down 5 Mins easy walk.
WEDNESDAY	REST	REST	REST	REST	REST	REST
THURSDAY	Total Time: 30 Mins Warm Up 5 minute Brisk Walk RUN 20 Minutes - Steady Cool Down 5 minute easy walk.	Total Time: 40 Mins Warm Up 5 minute Brisk Walk RUN 30 Minutes - Steady Cool Down 5 minute easy walk.	Total Time: 40 Mins Warm Up 5 minute Brisk Walk RUN 30 Minutes - Steady Cool Down 5 minute easy walk.	Total Time: 55 Mins Warm Up 5 minute Brisk Walk RUN 45 Minutes - Race Pace Cool Down 5 minute easy walk.	Total Time: 55 Mins Warm Up 5 minute Brisk Walk RUN 45 Minutes - Race Pace Cool Down 5 minute easy walk.	Total Time: 50 Mins Warm Up 5 minute Brisk Walk RUN 40 Minutes - Race Pace Cool Down 5 minute easy walk.
FRIDAY	Total Time: 40 Mins Gym - Cross Training - Swim 40 Minutes	Total Time: 40 Mins Gym - Cross Training - Swim 40 Minutes	Total Time: 40 Mins Gym - Cross Training - Swim 40 Minutes	Total Time: 45 Mins Gym - Cross Training - Swim 45 Minutes	Total Time: 45 Mins Gym - Cross Training - Swim 45 Minutes	Total Time: 45 Mins Gym - Cross Training - Swim 45 Minutes
SATURDAY	REST	REST	REST	REST	REST	REST
SUNDAY	Warm Up 5 minute Brisk Walk RUN 6 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 7 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 8 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 9 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 10 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 12 Miles None Stop Cool Down 5 minute easy walk.

MARATHON INTERMEDIATE

IMPORTANT TO WARM UP & COOL DOWN - HAVE A REST DAY BETWEEN RUN DAYS

12012	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
MONDAY	REST	REST	REST	REST	REST	REST
TUESDAY	Total Time: 60 Mins Warm Up 5 Mins Brisk Walk RUN 50 Mins - Race Pace Cool Down 5 Mins easy walk.	Total Time: 65 Mins Warm Up 5 Mins Brisk Walk RUN 55 Min - Race Pace Cool Down 5 Mins easy walk.	Total Time: 70 Mins Warm Up 5 Mins Brisk Walk RUN 60 Mins - Race Pace Cool Down 5 Mins easy walk.	Total Time: 70 Mins Warm Up 5 Mins Brisk Walk RUN 60 Mins - Steady Cool Down 5 Mins easy walk.	Total Time: 65 Mins Warm Up 5 Mins Brisk Walk RUN 55 Mins - Steady Cool Down 5 Mins easy walk.	Total Time: 60 Mins Warm Up 5 Mins Brisk Walk RUN 50 Mins - Steady Cool Down 5 Mins easy walk.
WEDNESDAY	REST	REST	REST	REST	REST	REST
THURSDAY	Total Time: 55 Mins Warm Up 5 minute Brisk Walk RUN 45 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 65 Mins Warm Up 5 minute Brisk Walk RUN 55 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 55 Mins Warm Up 5 minute Brisk Walk RUN 45 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 70 Mins Warm Up 5 minute Brisk Walk RUN 60 Minutes - Race Pace Cool Down 5 minute easy walk.	Total Time: 60 Mins Warm Up 5 minute Brisk Walk RUN 50 Minutes - Race Pace Cool Down 5 minute easy walk.	Total Time: 50 Mins Warm Up 5 minute Brisk Walk RUN 40 Minutes - Race Pace Cool Down 5 minute easy walk.
FRIDAY	Total Time: 50 Mins Gym - Cross Training - Swim 50 Minutes	Total Time: 50 Mins Gym - Cross Training - Swim 50 Minutes	Total Time: 50 Mins Gym - Cross Training - Swim 50 Minutes	Total Time: 55 Mins Gym - Cross Training - Swim 55 Minutes	Total Time: 55 Mins Gym - Cross Training - Swim 55 Minutes	Total Time: 55 Mins Gym - Cross Training - Swim 55 Minutes
SATURDAY	REST	REST	REST	REST	REST	REST
SUNDAY	Warm Up 5 minute Brisk Walk RUN 14 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 16 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 8 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 18 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 15 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 13 Miles None Stop Cool Down 5 minute easy walk.

MARATHON INTERMEDIATE

IMPORTANT TO WARM UP & COOL DOWN - HAVE A REST DAY BETWEEN RUN DAYS

12012	WEEK 13	WEEK 14	WEEK 15	WEEK 16		
MONDAY	REST	REST	REST	REST		
TUESDAY	Total Time: 55 Mins Warm Up 5 Mins Brisk Walk RUN 45 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 50 Mins Warm Up 5 Mins Brisk Walk RUN 40 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 45 Mins Warm Up 5 Mins Brisk Walk RUN 35 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 40 Mins Warm Up 5 Mins Brisk Walk RUN 30 Mins - Easy Cool Down 5 Mins easy walk.		
WEDNESDAY	REST	REST	REST	REST		
THURSDAY	Total Time: 50 Mins Warm Up 5 minute Brisk Walk RUN 40 Minutes - Steady Cool Down 5 minute easy walk.	Total Time: 50 Mins Warm Up 5 minute Brisk Walk RUN 40 Minutes - Steady Cool Down 5 minute easy walk.	Total Time: 45 Mins Warm Up 5 minute Brisk Walk RUN 35 Minutes - Steady Cool Down 5 minute easy walk.	Total Time: 40 Mins Warm Up 5 minute Brisk Walk RUN 30 Minutes - Easy Cool Down 5 minute easy walk.		
FRIDAY	Total Time: 60 Mins Gym - Cross Training - Swim 60 Minutes	Total Time: 60 Mins Gym - Cross Training - Swim 60 Minutes	Total Time: 40 Mins Gym - Cross Training - Swim 40 Minutes	Total Time 30 Mins Gym - Cross Training - Swim 30 Minutes		
SATURDAY	REST	REST	REST	REST		
SUNDAY	Warm Up 5 minute Brisk Walk RUN 20 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 15 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 10 Miles Easy Run Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 26.2 Miles None Stop Cool Down 5 minute easy walk.		