

RUNNER'S WORLD CHALLENGE

Marathon Training Plan for Intermediate Runners

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
1	Rest	4 miles easy	4 miles hills	Rest	4 miles easy	4 miles easy	9 miles LSD	25 miles
2	Rest	4 miles easy	5 miles hills	Rest	5 miles easy	5 miles easy	9 miles LSD	28 miles
3	Rest	3 miles easy	5 miles hills	Rest	5 miles easy	5 miles easy	12 miles LSD	30 miles
4	Rest	4 miles easy	5 miles hills	Time Trial	4 miles easy	4 miles easy	10 miles LSD	28 miles
5	Rest	4 miles easy with 4 strides	7 miles hills	Rest	4 miles with 2 miles @ MP	4 miles easy	13 miles LSD	32 miles
6	Rest	5 miles easy with 5 strides	6 miles hills	Rest	4 miles with 2 miles @ MP	6 miles easy	15 miles LSD	36 miles
7	Rest	6 miles easy with 6 strides	7 miles hills	Rest	5 miles with 3 miles @ MP	5 miles easy	16 miles LSD	39 miles
8	Rest	5 miles easy with 5 strides	Hill Repeats 8 miles with 8 hill repeats	Rest	Time Trial	4 miles easy	14 miles LSD or 1/2 marathon	32 miles
9	Rest	3 miles easy with 3 strides	Mile Repeats 8 miles with 3x1 mile	Rest	9 miles with 7 miles @ MP	3 miles easy	18 miles LSD, fast finish	41 miles
10	Rest	4 miles easy with 4 strides	Yasso 800s 9 miles with 6x800	Rest	10 miles with 8 miles @ MP	Rest	20 miles LSD, fast finish	43 miles
11	Rest	4 miles easy with 4 strides	7 miles easy	Rest	10 miles with 8 miles @ MP	4 miles easy	20 miles LSD, fast finish	45 miles
12	Rest	Time Trial	Mile Repeats 9 miles with 4x1 mile	6 miles easy	7 miles with 5 miles @ MP	8 miles easy	15 miles LSD	46 miles
13	Rest	6 miles easy with 6 strides	Yasso 800s 10 miles with 8x800	Rest	6 miles easy	6 miles easy	22 miles LSD	50 miles
14	Rest	8 miles easy with 8 strides	Mile Repeats 8 miles with 3x1 mile	Rest	7 miles easy	7 miles easy	15 miles LSD or 1/2 marathon	45 miles
15	Rest	5 miles easy with 5 strides	4 miles easy	Rest	6 miles easy	5 miles easy	12 miles LSD	32 miles
16	Rest	Time Trial	Rest	5 miles easy	Rest	3 miles very easy	Race Day	35.2 miles

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Marathon Training Plan for Intermediate Runners: Key

REST: Ideally, on rest days you should do no exercise at all. But it's okay to cross-train with a non-impact activity like stretching, yoga, or swimming.

EASY: Run at a comfortable conversational pace. These are interchangeable with rest days. You can cross-train on an easy day instead with a sustained aerobic effort on a bike or the elliptical trainer.

HILLS: Run the mileage for the day on the hilliest course you can find. Hills build a base of strength in the first seven weeks of the program.

LSD: This is a long, slow distance run to build endurance. LSDs should be done at an easy conversational pace, one to two minutes slower than your goal marathon pace. Later in the program, you can practice a fast finish by picking up the pace in the last two to three miles

TIME TRIAL: A one-mile time trial can help you track your fitness, and set realistic race goals. Go to a local 400-meter track or any one-mile stretch of road. After a 10-minute warmup, time yourself while running 4 laps (or one mile) as fast as you can. Note your finish time, then cool down with 10 minutes of walking and jogging. Over the course of training, your fitness gains will be reflected in your time-trial results.

STRIDES: Adding strides to any easy run activates fast-twitch muscle fibers, improves coordination and leg turnover, and preps the body for the race. Near the finish of your run, gradually accelerate over 100 meters until you reach 90 percent of all-out effort. Hold that effort for five seconds, then smoothly decelerate. Walk to recover between each stride. The exact distance of each stride is not critical.

HILL REPEATS: Find a hill that will take you at least two minutes to climb, and mark off a "short" repeat, halfway from the bottom, and a "long" repeat at the top. After a two-mile warmup, run up to the short mark three or four times, jogging back down to recover in between. Then run up to the top three or four times, jogging back down to the short mark, then sprinting to the bottom, (trying to maintain smooth form, without slapping your feet). Finish with three or four sprints up to the short mark. Cool down with two miles of easy running. The total mileage for the day will amount to about eight miles.

MP: Marathon goal pace. Practice the speed you're hoping to hit in the race. Do a one-mile warmup before and a one-mile cooldown afterwards.

MILE REPEATS: Warm up with two miles of easy running. Run a mile at your 10-K pace, jog a lap for recovery, and repeat that cycle as directed. Cool down with two miles of easy running.

YASSO 800s: Warm up with two miles of easy running, then run 800 meters at a time that's "equal" to your marathon time. That is, if you're shooting for a 4:10 marathon, try to run each 800-meter repeat in four minutes and 10 seconds. Jog 400 meters in between the 800s. Cool down with two miles of easy running.

**On days with speedwork, the total mileage has been rounded up to the nearest mile.*