

Marathon Training Schedule - Intermediate I

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	cross	3 m run	5 m run	3 m run	rest	5 m pace	8
2	cross	3 m run	5 m run	3 m run	rest	3 m run	9
3	cross	3 m run	5 m run	3 m run	rest	5 m pace	6
4	cross	3 m run	6 m run	3 m run	rest	6 m pace	11
5	cross	3 m run	6 m run	3 m run	rest	6 m run	12
6	cross	3 m run	5 m run	3 m run	rest	6 m pace	9
7	cross	4 m run	7 m run	4 m run	rest	7 m pace	14
8	cross	4 m run	7 m run	4 m run	rest	7 m run	15
9	cross	4 m run	5 m run	4 m run	rest	7 m pace	11
10	cross	4 m run	8 m run	4 m run	rest	8 m pace	17
11	cross	5 m run	8 m run	5 m run	rest	8 m run	18
12	cross	5 m run	5 m run	5 m run	rest	8 m pace	13
13	cross	5 m run	8 m run	5 m run	rest	5 m pace	20
14	cross	5 m run	5 m run	5 m run	rest	8 m run	12
15	cross	5 m run	8 m run	5 m run	rest	5 m pace	20
16	cross	5 m run	6 m run	5 m run	rest	4 m pace	12
17	cross	4 m run	5 m run	4 m run	rest	3 m run	8
18	cross	3 m run	4 m run	rest	rest	2 m run	race

Marathon Training Schedule - Intermediate II

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	cross	3 m run	5 m run	3 m run	rest	5 m pace	10
2	cross	3 m run	5 m run	3 m run	rest	5 m run	11
3	cross	3 m run	6 m run	3 m run	rest	6 m pace	8
4	cross	3 m run	6 m run	3 m run	rest	6 m pace	13
5	cross	3 m run	7 m run	3 m run	rest	7 m run	14
6	cross	3 m run	7 m run	3 m run	rest	7 m pace	10
7	cross	4 m run	8 m run	4 m run	rest	8 m pace	16
8	cross	4 m run	8 m run	4 m run	rest	8 m run	17
9	cross	4 m run	9 m run	4 m run	rest	9 m pace	12
10	cross	4 m run	9 m run	4 m run	rest	9 m pace	19
11	cross	5 m run	10 m run	5 m run	rest	10 m run	20
12	cross	5 m run	6 m run	5 m run	rest	6 m pace	12
13	cross	5 m run	10 m run	5 m run	rest	10 m pace	20
14	cross	5 m run	6 m run	5 m run	rest	6 m run	12
15	cross	5 m run	8 m run	5 m run	rest	10 m pace	20
16	cross	5 m run	5 m run	5 m run	rest	4 m pace	12
17	cross	4 m run	6 m run	4 m run	rest	4 m run	8
18	cross	3 m run	4 m run	rest	rest	2 m run	race