



INTERMEDIATE MARATHON TRAINING CALENDAR



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	4 miles easy with 4 striders to finish	Strength Day	4 miles easy	3 miles easy	REST	8 miles easy	20 minute easy run (optional) and Mobility Day
WEEK 2	4 miles easy pace with 4 striders to finish	Strength Day	1 mile easy, 1 mile @20-30 sec faster than easy pace, 1 mile easy, 1 mile @20-30 sec per mile faster than easy pace	3 miles easy	REST	9 miles easy	20 minute easy run (optional) and Mobility Day
WEEK 3	4 miles easy pace	Strength Day	1.5 miles easy, 1 minute @10k effort followed by 90 seconds easy x 6, 1 mile easy	3 miles easy	REST	6 miles easy	20 minute easy run (optional) and Mobility Day
WEEK 4	4 miles easy pace with 5 striders to finish	Strength Day	2 miles easy, 1 mile @20-30 sec faster than easy pace, 1 mile easy, 1 mile @20-30 sec per mile faster than easy pace	4.5 miles easy	REST	11 miles easy	25 minute easy run (optional) and Mobility Day
WEEK 5	4 miles easy pace with 4 striders to finish	Strength Day	2 miles easy, 2 miles at goal marathon pace, 2 miles easy	4.5 miles easy	REST	12 miles easy	25 minute easy run (optional) and Mobility Day
WEEK 6	4 miles easy pace	Strength Day	5 miles easy	4 miles easy	REST	8 miles easy	25 minute easy run (optional) and Mobility Day
WEEK 7	4.5 miles easy with 5 striders to finish	Strength Day	6 miles easy	5 miles easy	REST	14 miles easy	30 minute easy run (optional) and Mobility Day
WEEK 8	5 miles easy with 5 striders to finish	Strength Day	2 miles easy, 3 miles at goal marathon pace, 1 miles easy	5 miles easy	REST	15 miles easy	30 minute easy run (optional) and Mobility Day
WEEK 9	4 miles easy pace with 5 striders to finish	Strength Day	5 miles easy	4 miles easy	REST	10 miles easy	30 minute easy run (optional) and Mobility Day
WEEK 10	5 miles easy with 5 striders to finish	Strength Day	2 miles easy, 2 miles at goal marathon pace, 2 miles easy	5 miles easy	REST	17 miles easy (or 3 hours of running, whichever comes first)	35 minute easy run (optional) and Mobility Day
WEEK 11	5 miles easy with 5 striders to finish	Strength Day	6 miles easy followed by 1 mile at 15 sec per mile faster than goal marathon pace	5 miles easy	REST	18 miles easy (or 3 hours of running, whichever comes first)	35 minute easy run (optional) and Mobility Day
WEEK 12	5 miles easy	Strength Day	5 miles easy	5 miles easy	REST	14 miles easy	30 minute easy run (optional) and Mobility Day
WEEK 13	6 miles easy with 5 striders to finish	Strength Day	8 miles easy	6 miles easy	REST	19 miles easy (or 3 hours of running, whichever comes first)	30 minute easy run (optional) and Mobility Day
WEEK 14	4 miles easy	Strength Day	2 miles easy, 2 miles at goal marathon pace, 2 miles easy	5 miles easy	REST	13 miles easy	30 minute easy run (optional) and Mobility Day
WEEK 15	4 miles easy with 4 striders to finish	Strength Day	9 miles easy	4 miles easy	REST	20 miles easy	25 minute easy run (optional) and Mobility Day
WEEK 16	4 miles easy with 4 striders to finish	Strength Day	1 mile easy, 1 mile @20-30 sec faster than easy pace, 1 mile easy, 1 mile @20-30 sec per mile faster than easy pace	4 miles easy	REST	12 miles easy	20 minute easy run (optional) and Mobility Day
WEEK 17	4 miles easy with 4 striders to finish	Strength Day	1 mile easy, 1 mile @20-30 sec faster than easy pace, 1 mile easy, 1 mile @20-30 sec per mile faster than easy pace	3 miles easy	REST	8 miles easy	REST
WEEK 18	3 miles easy with 3 striders to finish	Strength Day	1 mile easy, 1 mile at goal marathon pace, 1 mile easy	3 miles easy	REST	REST or 15-20 minute shakeout jog (optional)	RACEDAY