



MARATHON TRAINING - INTERMEDIATE 16 WEEK PLAN

HOW TO USE THIS PLAN

Each week contains seven daily bullets. Do the runs in order adding in rest and crosstraining as desired. We suggest shorter runs Monday, Tuesday, and Thursday with crosstraining on Wednesdays. Use the weekends for a long run and rest. Crosstraining options include: swimming, walking, cycling, or core work. HR/PE = Heart rate / perceived exertion.

1 JULY 17 - 23

- Run 1 - 30 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE. Run 10 x 1 minute at 80-85% HR/PE followed by 1:00 recovery jogs at 60-75% HR/PE. Run 5:00 easy cool down.
- Run 3 - 30 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 8 miles at 60-70% HR/PE
- 1 - 2 Crosstrain days
- 1 - 2 Rest days

2 JULY 24 - 30

- Run 1 - 30 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE. Run 12 x 1 minute at 80-85% followed by 1:00 recovery jogs at 60-70% HR/PE. Run 5:00 easy cool down.
- Run 3 - 30 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 9 miles at 60-70% HR/PE
- 1 - 2 Crosstrain days
- 1 - 2 Rest days

3 JULY 31 - AUGUST 6

- Run 1 - 30 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE. Run 14 x 1 minute at 80-85% followed by 1:00 recovery jogs at 60-70% HR/PE. Run 5:00 easy cool down.
- Run 3 - 30 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 10 miles at 60-70% HR/PE
- 1 - 2 Crosstrain days
- 1 - 2 Rest days

4 AUGUST 7 - 13

- Run 1 - 30 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE. Run 16 x 1 minute at 80-85% followed by 1:00 recovery jogs at 60-70% HR/PE. Run 5:00 easy cool down.
- Run 3 - 30 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 11 miles at 60-70% HR/PE
- 1 - 2 Crosstrain days
- 1 - 2 Rest days

MARATHON TRAINING - INTERMEDIATE 16 WEEK PLAN

5

AUGUST 14 - 20

- Run 1 - 40 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE.
Run 4 x 400 at 80-85% HR/PE. Walk / jog 2:00 recoveries between each repeat. Run 1 mile cool down
- Run 3 - 30 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 12 miles at 60-70% HR/PE
- 1 - 2 Crosstrain days
- 1 - 2 Rest days

6

AUGUST 21 - 27

- Run 1 - 40 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE.
Run 5 x 400 at 80-85% HR/PE. Walk / jog 2:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - 30 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 13 miles at 60-70% HR/PE
- 1 - 2 Crosstrain days
- 1 - 2 Rest days

7

AUGUST 28 - SEPTEMBER 3

- Run 1 - 45 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE.
Run 6 x 400 at 80-85% HR/PE. Walk / jog 2:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - 30 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 15 miles at 60-70% HR/PE
- 1 - 2 Crosstrain days
- 1 - 2 Rest days

8

SEPTEMBER 4 - 10

- Run 1 - 45 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE.
Run 7 x 400 at 80-85% HR/PE. Walk / jog 2:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - 30 minutes at 60-70% HR/PE
- Run 4 - Long Run Down Week: Run 4 at 60-70% HR/PE. Run 4 Miles at 75-80% HR/PE. Run 2 miles at 60-75% HR/PE
- 2 Crosstrain days
- 1 Rest day

**YOU CAN DO THIS!
YOU'RE HALFWAY THERE!**

MARATHON TRAINING - INTERMEDIATE 16 WEEK PLAN

9

SEPTEMBER 11 - 17

- Run 1 - 50 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 8 x 400 at 80-85% HR/PE. Walk / jog 2:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - 30 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 17 miles at 60-70% HR/PE
- 2 Crosstrain days
- 1 Rest day

10

SEPTEMBER 18 - 24

- Run 1 - 50 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 4 x 800 at 80-85% HR/PE. Walk / jog 3:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - 35 minutes at 60-70% HR/PE
- Run 4 - Long Run Down Week: Run 4 miles at 60-70% HR/PE. Run 5 Miles at 75-80% HR/PE. Run 2 mile at 60-75% HR/PE
- 2 Crosstrain days
- 1 Rest day

11

SEPTEMBER 25 - OCTOBER 1

- Run 1 - 55 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 10 x 400 at 80-85% HR/PE. Walk / jog 2:00 recovery between. Run 1 mile cool down.
- Run 3 - 35 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 19 miles at a comfortable pace. 60-70% HR/PE
- 2 Crosstrain days
- 1 Rest day

12

OCTOBER 2 - 8

- Run 1 - 55 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 5 x 800 at 80-85% HR/PE. Walk / jog 3:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - 40 minutes at 60-70% HR/PE
- Run 4 - Long Run Down Week: Run 4 miles at 60-70% HR/PE. Run 6 Miles at 75-80% HR/PE. Run 2 miles at 60-75% HR/PE
- 2 - 3 Crosstrain days
- 1 - 2 Rest days

MARATHON TRAINING - INTERMEDIATE 16 WEEK PLAN

13

OCTOBER 9 - 15

- Run 1 - 1 hour at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 3 x 1 mile at 80-85% HR/PE. Walk / Jog 3:00 recovery between. Run 1 mile cool down.
- Run 3 - 40 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 21 miles at 60-70% HR/PE
- 2 Crosstrain days
- 1 Rest day

14

OCTOBER 16 - 22

- Run 1 - 1 hour at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 6 x 800 at 80-85% HR/PE. Walk / jog 3:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - 45 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 14 Miles at 65-75% HR/PE
- 2 Crosstrain days
- 1 Rest day

15

OCTOBER 23 - 30

- Run 1 - 1 hour at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 4 x 1 mile at 80-85% HR/PE. Walk / jog 3:00 recovery between. Run 1 mile cool down.
- Run 3 - 40 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 8 miles at 60-70% HR/PE
- 1 Crosstrain day
- 2 Rest days

16

RACE WEEK!

- Run 1 Monday - 30 minutes at 60-70% HR/PE
- Rest Day Tuesday
- Run 2 Wednesday - 10 minutes warm up at 60-70% HR/PE. Run 8 x 1 minute at 75-80% HR/PE followed by 1:00 recovery jogs at 60-75% HR/PE. Run 5:00 easy cool down
- Rest Day Thursday
- Run 3 Friday - 20 minutes at 60-70% HR/PE
- Training Complete! Saturday is Race Day!!

