



FULL MARATHON

INTERMEDIATE TRAINING PLAN

18-WEEK PROGRAM

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT	MILES
1	OPT 3-6	5@ PACE	10-20-10 FL	3	CT	REST	10	21-28
2	OPT 3-6	5	5@ PACE	3	CT	REST	11	24-30
3	OPT 3-6	6@ PACE	10-25-10 FL	3	CT	REST	8	20-28
4	OPT 3-6	6@ PACE	5@ PACE	3	CT	REST	13	27-33
5	OPT 3-6	7	10-30-10 FL	3	CT	REST	14	27-35
6	OPT 3-6	7@ PACE	6@ PACE	3	CT	REST	10	26-32
7	OPT 3-6	8@ PACE	15-25-15 FL	4	CT	REST	16	32-40
8	OPT 3-6	8	6@ PACE	4	CT	REST	17	35-41
9	OPT 3-6	9	15-30-15 FL	4	CT	REST	13	30-38
10	OPT 3-6	9@ PACE	7@ PACE	4	CT	REST	19	39-45
11	OPT 3-6	10	10-25-10 TEMPO	5	CT	REST	20	38-46
12	OPT 3-6	6@ PACE	7@ PACE	5	CT	REST	12	30-36
13	OPT 3-6	10@ PACE	10-30-10 TEMPO	5	CT	REST	20	39-46
14	OPT 3-6	6	8@ PACE	5	CT	REST	12	31-37
15	OPT 3-6	10@ PACE	15-30-15 TEMPO	5	CT	REST	20	39-47
16	OPT 3-6	4@ PACE	8@ PACE	5	CT	REST	12	29-35
17	OPT 3-6	4	10-20-10 FL	4	CT	REST	8	19-26
18	OPT 3-6	2	4@ PACE	3	STRETCH	REST	2	11-17



WE HAVE GROUP RUNS ON MONDAY AND WEDNESDAY THAT FIT THIS SCHEDULE NICELY, AS WELL AS PACED LONG RUNS ON SATURDAYS. YOU ARE ALSO WELCOME TO DROP IN ON OUR COACHED TUESDAY SPEED WORKOUTS FOR \$5 AND STRENGTH TRAINING CLASS ON THURSDAYS FOR \$12

KEY:
FL = FARTLEK. A RUN DURING WHICH YOU ALTERNATE BETWEEN FAST AND EASY PACES. WE SUGGEST A 1 MIN HARD, 2 MINS EASY REPEATED CYCLE, AS YOU GET STRONGER TRY WORKING UP TO 3 MINS HARD, 1 MIN EASY. THE FORMAT [5-15-5] MEANS 5-MINUTE WARM-UP JOG, THEN 15-MINUTE FARTLEK, THEN 5-MINUTE COOL DOWN JOG.

CT = CROSS TRAIN. HIT THE GYM, SWIM, CYCLE, ETC. ANYTHING TO GET YOUR HEART RATE UP WITHOUT RUNNING.

@ PACE = RUN AT THE PACE YOU HOPE TO RUN YOUR HALF MARATHON.

TEMPO = RUN WHERE YOU NEGATIVE SPLIT. AKA RUN EACH MILE FASTER THAN THE LAST.