

### Marathon Training Programme - Intermediate

Week	Mon	Tues	Wed	Thu	Fri	Sat	Sun
1	Rest/Cross Train	10 x 30 secs fast, 1 x minute active recovery.	5 miles steady	Cross train	3 mile tempo run	Rest	10 miles LSD
2	Rest/Cross Train	8 x 40 secs uphill, jogging back down.	5-6 miles steady	Cross train	5 miles steady	Rest	12 miles LSD
3	Rest/Cross Train	4 x 60 secs fast, then 4 x 30 secs fast both with 60 sec recovery.	6 miles steady	Cross train	6 miles easy	Rest	13 miles LSD
4	Rest/Cross Train	8 x 40 secs uphill, recovery back down.	6 miles easy	Cross train	6 miles easy	Rest	14 miles LSD
5	Rest/Cross train	10 x 40 secs uphill, jogging back down.	6 miles steady	Cross train	6 miles fartlek	Rest	16 miles LSD
6	Rest/Cross train	6 miles steady inc 10 x 1 min fast, 2 mins slow	6 mile steady	Cross train	2 x miles easy, 2 x miles brisk, 2 x miles easy	Rest	18 miles LSD
7	Rest/Cross train	3 x 1 mile timed, 4 mins recovery.	6 mile fartlek	Cross train	5 miles steady	Rest	13 miles LSD

					(off road)		
8	Rest/Cross train	10 x 40 secs fast uphill, jogging back down.	6 miles easy	Cross train	2 x miles easy, 3 x miles brisk, 1 x mile jog	Rest	19 miles LSD
9	Rest/Cross train	2 x miles easy 3 x miles brisk 1 x mile jog	6 miles steady	Cross train	40 minutes tempo run	Rest	10 miles LSD
10	Rest/Cross train	6 mile fartlek	7-8 miles steady	Cross train	20 mins easy	Rest	20 miles LSD
11	Rest/Cross train	4 x 1 mile timed, with 4 min recovery.	6 miles steady	Cross train	6 miles fartlek (off road)	Rest	14 miles LSD
12	Rest/Cross train	10 x 40 secs fast uphill jogging down.	6-7 miles steady	Cross train	6 miles easy	Rest	20 miles LSD
13	Rest/Cross train	6 mile fartlek	7-8 miles steady	Cross train	30 mins easy on grass	Rest	10 miles LSD
14	Rest/Cross train	6 miles inc, 6 x 2 mins fast.	6 miles steady	Cross train	4-5 miles steady	Rest	22 miles LSD

15	Rest/Cross train	6 miles inc 8 x 1 min fast, 1 x min slow	6 miles easy	Cross train	3 miles at marathon pace. Timed.	Rest	10 miles LSD
16	Rest/Cross train	5 miles steady, plus 6 x 1 min effort (OR REST)	2-3 miles easy	Cross train	Rest	Rest	RACE DAY!!

LSD = Long Slow Distance

Please note that a warm up and cool down should be included in each session, particularly before any faster paced or interval session.