

# FUREY 26.2

## MARATHON TRAINING

# Program 4: Intermediate

3 days of running per week  
 2 days of strength training  
 2 days of non-impact cardio cross training

*Ideal for runners who have been running 20 miles per week for at least 6 months, can tolerate 3 days of running, and have time to add additional strength training and non-impact cardio.*

Intermediate	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY LONG RUN	SUNDAY	Total Milage	
Week 1 - 5/25	6	ST/XT	6	ST/XT		8*		20	
Week 2 - 6/1	6	ST/XT	6	ST/XT		8		20	
Week 3 - 6/8	6	ST/XT	6	ST/XT		10*		22	
Week 4 - 6/15	6	ST/XT	7	ST/XT		12		24	
Week 5 - 6/22	6	ST/XT	6 - Hill Intervals x4	ST/XT		10 - 12*		25	
Week 6 - 6/29	6	ST/XT	7 - Hill Intervals x5	ST/XT		12 - 14		28	
Week 7 - 7/6	7	ST/XT	7 - Hill Intervals x6	ST/XT		10*		25	
Week 8 - 7/13	7	ST/XT	8 - Hill Intervals x7	ST/XT		14 - 16		31	
Week 9 - 7/20	7	ST/XT	9 - Hill Intervals x8	ST/XT		10 *		26	
Week 10 - 7/27	7	ST/XT	10 - Hill Intervals x9	ST/XT		14 - 16 - 18		35	
Week 11 - 8/3	8	ST/XT	10 - Hill Intervals x10	ST/XT		12 - 14		32	
Week 12 - 8/10	8	ST/XT	10 - Hill Intervals x10	ST/XT		10*		28	
Week 13 - 8/17	8	ST/XT	9 - Hill Intervals x9	ST/XT		18 -20 -22		38	
Week 14 - 8/24	6	ST/XT	9 - Hill Intervals x8	ST/XT		10		24	
Week 15 - 8/31	6	ST/XT	6 - Hill Intervals x6	ST/XT		8			
Week 16 - 9/6	5		4			3			
Sept. 14 2020	<b>RACE DAY</b>	* May substitute with a 5k or 8k time trial							

XT/ST = Cross train/Strength training (Non-impact cardio mixed with strength training)

See cross training guide on [furey262.com](http://furey262.com)

Key Runs: Hills and Long runs

Starting Milage: 20 miles  
 Longest Run: 20 - 22 miles

Highest Milage Week: 38 miles  
 Injury Risk: very low