

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 experience running 20 miles per week for at least 6 months, can tolerate 3 days of running and have time to add additional strength training.

Beginner A	MONDAY Steady pace	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Long run	SUNDAY	Total Mileage
Week 1 - 6/7	4	XT/ST	6	XT/ST		8		18
Week 2 - 6/14	4	XT/ST	6	XT/ST		10		20
Week 3 - 6/21	4	XT/ST	6	XT/ST		12		22
Week 4 - 6/28	4	XT/ST	6	XT/ST		10		20
Week 5 - 7/5	4	XT/ST	6	XT/ST		12		22
Week 6 - 7/12	4	XT/ST	6 - Hill Intervals	XT/ST		12		22
Week 7 - 7/19	5	XT/ST	6 - Hill Intervals	XT/ST		8 - 10		21
Week 8 - 7/26	5	XT/ST	6 - Hill Intervals	XT/ST		12 - 14		25
Week 9 - 8/2	5	XT/ST	6 - Hill Intervals	XT/ST		10 - 12		23
Week 10 - 8/9	5	XT/ST	7 - Hill Intervals	XT/ST		10 *		22
Week 11 - 8/16	6	XT/ST	7 - Hill Intervals	XT/ST		12 - 14		23
Week 12 - 8/23	6	XT/ST	8 - Hill Intervals	XT/ST		10		24
Week 13 - 8/30	6	XT/ST	8 - Hill Intervals	XT/ST		14 - 16		30
Week 14 - 9/6	6	XT/ST	8 - Hill Intervals	XT/ST		10 *		24
Week 15 - 9/13	7	XT	9 - Hill Intervals	XT/ST		14 - 16 - 18		34
Week 16 - 9/20	7	XT	9 - Hill Intervals	XT/ST		10 *		26
Week 17 - 9/27	8	XT	9 - Hill Intervals	XT/ST		16 - 18 - 20		37
Week 18 - 10/4	8	XT	10 - Hill Intervals	XT/ST		12 - 14		32
Week 19 - 10/11	8	XT	8 - Hill Intervals	XT/ST		18 - 22		38
Week 20 - 10/18	6	XT	8 - Hill Intervals	XT/ST		10 *		24
Week 21 - 10/25	6	XT	6 - Hill Intervals	XT/ST		8		20
Week 22 - 11/1	5		4			3		12
November 7th 2021	RACE DAY					*Woodland Run		

Starting Weekly Mileage: 18 miles
 Key Runs: hill intervals and & runs
 Progression: Very gradual
 XT/ST: Cross Train / Strength Train

Highest Mileage Week: ~38 miles
 Longest Run: 18 - 22 miles
 Injury Risk: very low