

# FUREY 26.2

## MARATHON TRAINING

# Program 5: Intermediate Plus

4 days of running per week

2 days of strength training

1 day of non-impact cardio cross training/intervals

Beginner A	MONDAY Steady pace	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Long run	SUNDAY Recovery	Total Milage
Week 1 - 6/7	4	ST	6	XT/ST		8	5	23
Week 2 - 6/14	5	ST	6	XT/ST		10	5	26
Week 3 - 6/21	5	ST	6	XT/ST		12	5	28
Week 4 - 6/28	6	ST	6	XT/ST		10	6	28
Week 5 - 7/5	6	ST	6	XT/ST		10 - 14	5	31
Week 6 - 7/12	7	ST	6 - Hill Intervals	XT/ST		12	5	30
Week 7 - 7/19	7	ST	6 - Hill Intervals	XT/ST		10	6	29
Week 8 - 7/26	7	ST	6 - Hill Intervals	XT/ST		14 - 16 - 18	5	34
Week 9 - 8/2	7 Tempo	ST	6 - Hill Intervals	XT/ST		12	7	30
Week 10 - 8/9	7 Tempo	ST	7 - Hill Intervals	XT/ST		10 *	5	37
Week 11 - 8/16	8 Tempo	ST	7 - Hill Intervals	XT/ST		14 - 16 - 18	7	32
Week 12 - 8/23	8 Tempo	ST	8 - Hill Intervals	XT/ST		14 - 16 - 18	6	40
Week 13 - 8/30	8 Tempo	ST	8 - Hill Intervals	XT/ST		14 - 16	8	34
Week 14 - 9/6	8 Tempo	ST	8 - Hill Intervals	XT/ST		10 *	4	40
Week 15 - 9/13	9 Tempo	ST	9 - Hill Intervals	XT/ST		16 - 18	8	36
Week 16 - 9/20	9 Tempo	ST	9 - Hill Intervals	XT/ST		10 *	4	42
Week 17 - 9/27	9 Tempo	ST	10 - Hill Intervals	XT/ST		18 - 20	6	34
Week 18 - 10/4	10 Tempo	ST	10 - Hill Intervals	XT/ST		12 - 14	8	40
Week 19 - 10/11	10 Tempo	ST	8 - Hill Intervals	XT/ST		18 - 22	3	43
Week 20 - 10/18	10 Tempo	ST	8 - Hill Intervals	XT/ST		10 *	7	35
Week 21 - 10/25	8 Tempo	ST	5 - Hill Intervals	XT/ST		8 - 10	6	29
Week 22 - 11/1	6		2 - Hill Intervals	XT		3		11
November 7th 2021	<b>RACE DAY</b>					*Woodland Run		

Starting Weekly Milage: 23 miles  
 Longest Run: 20 - 22 miles  
 XT/ST: Cross Train / Strength Train

Highest Milage Week: ~43 miles  
 Injury Risk: Slightly higher than beginner  
 TEMPO: 15 - 20 min of fairly hard running in middle of run