

FUREY 26.2

MARATHON TRAINING

Program 3: Intermediate A

NYC 18 Week Training Schedule

3 days of running per week

2 days of strength training

2 days of cardio cross training

Ideal for runners, who have been running 20 miles per week for at least 6 months and can tolerate 3 days of running but would like to train more days.

Starting Mileage: 16 miles per week

Key Runs: intervals & long runs

Highest Mileage Week: 38 miles

Longest Run: 20-22 miles

Injury Risk: slightly higher than a beginner but still low

Furey 26.2 Program 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	total
Week 1- 7/1	4 SP	ST/ X-T	6	ST/ X-T		10 LR		20
Week 2- 7/8	4 SP	ST/ X-T	6 HI	ST/ X-T		12 LR		22
Week 3- 7/15	5 SP	ST/ X-T	6 HI	ST/ X-T		12 LR		23
Week 4- 7/22	6 SP	ST/ X-T	6 HI	ST/ X-T		10 LR		22
Week 5- 7/29	6 SP	ST/ X-T	6 HI	ST/ X-T		14 LR		26
Week 6- 8/5	6 SP	ST/ X-T	7 HI	ST/ X-T		10 LR		23
Week 7- 8/12	6 SP	ST/ X-T	7 HI	ST/ X-T		16 LR		29
Week 8- 8/19	6 SP	ST/ X-T	7 HI	ST/ X-T		10 LR		21
Week 9- 8/26	7 SP	ST/ X-T	8 HI	ST/ X-T		18 LR		32
Week 10- 9/2	7 SP	ST/ X-T	8 HI	ST/ X-T		10 LR		24
Week 11- 9/9	8 SP	ST/ X-T	8 HI	ST/ X-T		14-16 LR		28-30

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Week 12- 9/26	8 SP	ST/ X-T	8 HI	ST/ X-T		12 LR		28
Week 13- 9/23	8 SP	ST/ X-T	8 HI	ST/ X-T		20-22 LR		38
Week 14- 9/30	8 SP	ST/ X-T	9 HI	ST/ X-T		12 LR		27
Week 15- 10/7	8 SP	ST/ X-T	7 HI	ST/ X-T		20 LR		35
Week 16- 10/14	8 SP	ST/ X-T	8 HI	ST/ X-T		12 LR		28
Week 17- 10/21	8 SP	ST/ X-T	7 HI	ST/ X-T		8-10 LR		25
Week 18- 10/28	5 SP			3 or 4 X-T	2	1	RACE	

Key:

SP= steady pace run

ST= strength train

HI- hill intervals

X-T= cross train (non-impact cardio)

LR= long run

ST/ X-T: This day combines strength training and non-impact cardio (AKA "cross-training").

Keep the tempo high for the strength work, for the cardio do intervals vary in length.

NOTE: It is recommended to foam roll and stretches daily.

Good examples of cross-training include all non-impact cardio, such as bike, stepper, rower, swimming, elliptical, and 30-60 minute spin classes with some intervals mixed in.