

# FUREY 26.2

## MARATHON TRAINING

### Program 4: Intermediate B

NYC 18 Week Training Schedule

4 days of running per week

2 days of strength training

Ideal for runners, who have been running 20 miles per week for at least 6 months and can tolerate 4 days of running but would like to train more days without increased injury risk. The goal is time-based.

Starting Mileage: 30 miles

Key Runs: interval, long run, & tempo run

Highest Mileage Week: 44 miles

Longest Run: 22 miles

Injury Risk: slightly higher than a beginner but still low

Furey 26.2 Program 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	total
Week 1- 7/1	7 T	ST	6	6 SP & ST		10-12 LR		29-31
Week 2- 7/8	7 T	ST	6 HI	6 SP & ST		14-15 LR		33-35
Week 3- 7/15	8 T	ST	6 HI	6 SP & ST		10-12 LR		30-32
Week 4- 7/22	8 T	ST	6 HI	6 SP & ST		16-18 LR		38-40
Week 5- 7/29	8 T	ST	6 HI	6 SP & ST		10-12 LR		30-32
Week 6- 8/5	8 T	ST	7 HI	6 SP & ST		18 LR		39-41
Week 7- 8/12	7 T	ST	7 HI	6 SP & ST		10-12 LR		30-32
Week 8- 8/19	7 T	ST	8 HI	6 SP & ST		20 LR		41
Week 9- 8/26	7 T	ST	9 HI	7 SP & ST		10-12		33-35

# FUREY 26.2

## MARATHON TRAINING

						LR		
Week 10- 9/2	8 T	ST	9 HI	4 SP & ST		20 LR		41
Week 11- 9/9	7 T	ST	10 HI	6 SP & ST		12-16 LR		35-39
Week 12- 9/16	7 T	ST	10 HI	4 SP & ST		12 LR		31
Week 13- 9/23	6 T	ST	10 HI	5 SP & ST		22 LR		38
Week 14- 9/30	6 T	ST	10 HI	5 SP & ST		10 LR		26
Week 15- 10/7	6 T	ST	10 HI	5 SP & ST		16-18 LR		37
Week 16- 10/14	6 T	ST	8 HI	5 SP & ST		12-14 LR		33
Week 17- 10/21	6 T	ST	6 HI	5 SP & ST		10 LR		27
Week 18- 10/28	6	ST	5		2-3	1	RACE	

**Key:**

SP= steady pace run

ST= strength train

HI= hill intervals

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

LR= long run

T= tempo run

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.

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