

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.

Intermediate	MONDAY Steady pace	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Long run	SUNDAY	Total Milage
Week 1 - 12/13	4	XT/ST	6	XT/ST		12		22
Week 2 - 12/20	4	XT/ST	6 - Hill Intervals	XT/ST		12		22
Week 3 - 12/27	5	XT/ST	6 - Hill Intervals	XT/ST		8 - 10		21
Week 4 - 1/3	5	XT/ST	6 - Hill Intervals	XT/ST		12 - 14		25
Week 5 - 1/10	5	XT/ST	6 - Hill Intervals	XT/ST		10 - 12		23
Week 6 - 1/17	5	XT/ST	7 - Hill Intervals	XT/ST		10 * (RR)		22
Week 7 - 1/24	6	XT/ST	7 - Hill Intervals	XT/ST		12 - 14		23
Week 8 - 1/31	6	XT/ST	8 - Hill Intervals	XT/ST		10 * (RR)		24
Week 9 - 2/7	6	XT/ST	8 - Hill Intervals	XT/ST		14 - 16		30
Week 10 - 2/14	6	XT/ST	8 - Hill Intervals	XT/ST		10 * (RR)		24
Week 11 - 2/21	7	XT	9 - Hill Intervals	XT/ST		14 - 16 - 18		34
Week 12 - 2/28	7	XT	9 - Hill Intervals	XT/ST		10 * (RR)		26
Week 13 - 3/7	8	XT	9 - Hill Intervals	XT/ST		16 - 18 - 20		37
Week 14 - 3/14	8	XT	10 - Hill Intervals	XT/ST		10 * (RR)		32
Week 15 - 3/21	8	XT	8 - Hill Intervals	XT/ST		18 - 20 - 22		38
Week 16 - 3/28	6	XT	8 - Hill Intervals	XT/ST		10		24
Week 17 - 4/4	6	XT	6 - Hill Intervals	XT/ST		8		20
Week 18 - 4/11	5		4			3		12
April 18th 2022	RACE DAY					<i>*Riverside Run</i>		

Starting Weekly Milage: 22 miles
 Key Runs: hill intervals and & runs
 Progression: Very gradual
 XT/ST: Cross Train / Strength Train

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