

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

Intermediate Plus	MONDAY Steady pace	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Long run	SUNDAY Recovery	Total Milage
Week 1 - 12/13	6	ST	6	XT/ST		10	5	27
Week 2 - 12/20	7	ST	6 - Hill Intervals	XT/ST		12	5	30
Week 3 - 12/27	7	ST	6 - Hill Intervals	XT/ST		10	6	29
Week 4 - 1/3	7	ST	6 - Hill Intervals	XT/ST		14	5	32
Week 5 - 1/10	7 Tempo	ST	6 - Hill Intervals	XT/ST		12	7	30
Week 6 - 1/17	7 Tempo	ST	7 - Hill Intervals	XT/ST		10 * (RR)	5	37
Week 7 - 1/24	8 Tempo	ST	7 - Hill Intervals	XT/ST		14 - 16	7	30
Week 8 - 1/31	8 Tempo	ST	8 - Hill Intervals	XT/ST		10 * (RR)	6	32
Week 9 - 2/7	8 Tempo	ST	8 - Hill Intervals	XT/ST		16 - 18	8	40
Week 10 - 2/14	8 Tempo	ST	8 - Hill Intervals	XT/ST		10 * (RR)	4	30
Week 11 - 2/21	9 Tempo	ST	9 - Hill Intervals	XT/ST		18 - 20	8	46
Week 12 - 2/28	9 Tempo	ST	9 - Hill Intervals	XT/ST		10 * (RR)	4	42
Week 13 - 3/7	9 Tempo	ST	10 - Hill Intervals	XT/ST		18 - 20+	6	34
Week 14 - 3/14	10 Tempo	ST	10 - Hill Intervals	XT/ST		10 * (RR)	8	38
Week 15 - 3/21	10 Tempo	ST	8 - Hill Intervals	XT/ST		18 - 20 - 22	8	43
Week 16 - 3/28	10 Tempo	ST	8 - Hill Intervals	XT/ST		10	3	31
Week 17 - 4/4	8 Tempo	ST	5 - Hill Intervals	XT/ST		8 - 10	7	30
Week 18 - 4/11	6		2 - Hill Intervals	XT		3	6	17
April 18th 2022	RACE DAY					<i>*Riverside Run</i>		

Starting Weekly Milage: 27 miles
 Longest Run: 20 - 22 miles
 XT/ST: Cross Train / Strength Train

Highest Milage Week: ~46 miles
 Injury Risk: Slightly higher than beginner
 TEMPO: 15 - 20 min of fairly hard running in middle of run