Program 4: Intermediate

FUREY 26.2
MARATHON TRAINING

3 days of running per week
2 days of strength training
2 days of non-impact cardio cross training
with an option to switch to a run day after 6 weeks

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY LONG RUN	SUNDAY	Total Milage
Week 1 - 12/1	SP 4	XT/ST	5	XT/ST	BW or OFF	6 - 8	RD	16
Week 2 - 12/8	SP 4	XT/ST	5	XT/ST	BW or OFF	6 - 8	RD	17
Week 3 - 12/15	SP 4	XT/ST	6	XT/ST	BW or OFF	8 - 10	RD	20
Week 4 - 12/22	SP 4	XT/ST	6	XT/ST	BW or OFF	10+	RD	20
Week 5 - 12/29 Optional deload day	SP 5	XT/ST	6	XT/ST	BW or OFF	10 RR #1	RD	21
Week 6 - 1/5	SP 5	XT/ST	6	XT/ST Option to run begins	BW or OFF	12	RD	23
Week 7 - 1/12	SP 5	XT/ST	6 - HI	XT/ST/SP 5	BW or OFF	10 RR #2	RD	21
Week 8 - 1/19	SP 5	XT/ST	6 - HI	XT/ST/SP 5	BW or OFF	12 - 14	RD	25
Week 9 - 1/26	SP 6	XT/ST	7 - HI	XT/ST/SP 6	BW or OFF	10 RR #3	RD	23
Week 10 - 2/2 Optional deload day	SP 6	XT/ST	7 - HI	XT/ST/SP 6	BW or OFF	14 - 16+	RD	29
Week 11 - 2/9	SP 6	XT/ST	8 - HI	XT/ST/SP 6	BW or OFF	10 RR #4	RD	24
Week 12 - 2/16	SP 6	XT/ST	8 - HI / Yasso	XT/ST/SP 6	BW or OFF	16 - 18 - 20	RD	34
Week 13 - 2/23	SP 7	XT	9 - HI	XT/ST/SP 6	BW or OFF	10	RD	26
Week 14 - 3/2	SP 7	XT	9 - HI / Yasso	XT/ST/SP 6	BW or OFF	16 - 18 - 20 RR #5 Riverside Extension	RD	36
Week 15 - 3/9 Optional deload day	SP 8	XT	10 - HI	XT/ST/SP 6	BW or OFF	10 - 12	RD	28
Week 16 - 3/16	SP 8	XT	10 -HI / Yasso	XT/ST/SP 6	BW or OFF	18 - 20 - 22	RD	40
Week 17 - 3/23	SP 8	XT	8 - HI	XT/ST/SP 6	BW or OFF	12 - 14	RD	30
Week 18 - 3/30	SP 8	XT	8 - HI	XT/ST/SP 6	BW	10 - 12 RR #6	RD	25
Week 19 - 4/6	SP 8	XT	6 - HI	XT/ST/SP 6	BW	8 - 10	RD	20
Week 20 - 4/13	6	XT	5	4	BW	2	RD	12
April 20 2026	**RACE DAY**							

Important Note: These plans are guidelines. If needed, you can switch up the days, change things around, and blend different plans together to meet your individual training goals. Please see information below for coaches notes and the training abbreviation key.

Coaches Notes

Starting Weekly Mileage: 16 miles
Highest Mileage Week: 40 miles
Longest Run: 20+ *(can be modified if needed)*
Progression: Gradual
Injury Risk: Low

Key:

LR: Long runs. A key piece of the marathon training plan. These are generally run at an easy pace with some segments run at race pace.

RR: Riverside Run. This out-and-back run begins at the Riverside T stop and finishes at Joint Ventures.

HI: Hill Intervals. A critical workout for Boston! The number on the schedule reflects the total mileage of the workout, including a 1.5 - 2.0 mile easy warmup jog at the start and shakeout jog at the end.

SP: Steady pace runs. Not hard but not too easy. You should be able to talk during these runs.

ST: Strength Train. Any form of strength training that will help improve running and decrease injury risk.

XT: Cardio Cross Train. 30 - 60 minutes of any version of non-impact cardio - bike, rower, stepper, swim, elliptical

Strides: 5 - 6 strides (20 seconds each) at the end of the run.

BW: Brisk Walk 30 - 60 minutes. An excellent alternative to increase fitness with minimal impact and to prepare you for adding walking breaks into longer runs as they increase later in the season.

RD: Recovery Day. Either a total day off, walk, yoga or very light (non-impact) cardio.

Yasso 800: 800 meter repeats (2 laps around a track) until you've reached the listed mileage. Check out furey262.com for more info on Yassos and how to do them properly.

Optional De-load week: the de-load week is a week that has a 30 - 50% reduction in weekly volume. Usually after a few week period of consistent training, this allows the body to optimally recover. Sometimes, life, health, time, etc. forces you to have an "unplanned" de-load week during the training cycle. This is why these de-load weeks are listed as optional.