Program 5: Intermediate Plus

FUREY 26.2
MARATHON TRAINING

4 days of running per week (2 quality days + intervals / tempo)
2 days of strength training
1 day of non-impact cardio cross training/intervals
Option of easy 3 miles on Friday

Intermediate Plus	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY LONG RUN	SUNDAY Recovery run	Total Milage
Week 1 - 12/1	5 SP	ST	5	XT/ST	OFF or 3	8 LR	5 easy	23
Week 2 - 12/8	6 SP	ST	5	XT/ST	OFF or 3	8 - 10	5 easy	25
Week 3 - 12/15	6 SP	ST	6	XT/ST	OFF or 3	10	5 easy	27
Week 4 - 12/22	7 SP	ST	6	XT/ST	OFF or 3	12	5 easy	30
Week 5 - 12/29 Optional deload day	7 SP	ST	6 - HI	XT/ST	OFF or 3	10 RR #1	6 easy	29
Week 6 - 1/5	7 SP	ST	6 - HI	XT/ST	OFF or 3	12 - 14	5 easy	32
Week 7 - 1/12	7 SP	ST	7 - HI	XT/ST	OFF or 3	10 RR #2	7 easy	33
Week 8 - 1/19	7 tempo (10)	ST	7 - HI / Yasso x 5	XT/ST	OFF or 3	14 - 16	5 easy	35
Week 9 - 1/26	8 tempo (10)	ST	7 - HI	XT/ST	OFF or 3	10 - 12 RR #3	7 easy	30
Week 10 - 2/2 Optional deload day	8 tempo (15)	ST	8 - HI	XT/ST	OFF or 3	16 - 18	6 easy	40
Week 11 - 2/9	8 tempo (15)	ST	9 - HI / Yacco x6	XT/ST	OFF or 3	10 - 12 RR #4	8 easy	37
Week 12 - 2/16	8 tempo (20)	ST	9 - HI	XT/ST	OFF or 3	18 - 20	4 easy	41
Week 13 - 2/23	9 tempo (20)	ST	9 - HI	XT/ST	OFF or 3	10 - 12	8 easy	36
Week 14 - 3/2	9 tempo (25)	ST	10 - HI / Yasso x8	XT/ST	OFF or 3	16 - 18 - 20+ RR #5 Riverside Extension	4 easy	43
Week 15 - 3/9 Optional deload day	9 tempo (25)	ST	10 - HI	XT/ST	OFF or 3	10 - 12`	6 easy	37
Week 16 - 3/16	10 tempo (20)	ST	10 - HI	XT/ST	OFF or 3	20 - 22	8 easy	50
Week 17 - 3/23	10 tempo (25)	ST	9 - HI / Yasso x9	XT/ST	OFF or 3	14 - 16	8 easy	41
Week 18 - 3/30	10 tempo (20)	ST	8 - HI	XT/ST	3	10 - 12 RR #6	3 easy	34
Week 19 - 4/6	10 tempo (25)	ST	7 - HI	XT/ST	3	8 - 10	7 easy	31
Week 20 - 4/13	6 easy		5 easy	4 easy	3 easy	2 easy		20
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: Very 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.

Tempo: A 3 part run:

First 3rd of run: easy run
Second 3rd of run: 20 seconds (per mile) slower than your 5k pace
Final 3rd of run: moderate pace run (1 minute per mile slower than 5k pace)

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.