

## Marathon Training Schedule: Intermediate 1

WEEK		MON	TUE	WED	THU	FRI	SAT	SUN	
12/2	12/8	Cross	3 m run	5 m run	3 m run	Rest	5 m pace	8	1
12/9	12/15	Cross	3 m run	5 m run	3 m run	Rest	5 m run	9	2
12/16	12/22	Cross	3 m run	5 m run	3 m run	Rest	5 m pace	6	3
12/23	12/29	Cross	3 m run	6 m run	3 m run	Rest	6 m pace	11	4
12/30	1/5	Cross	3 m run	6 m run	3 m run	Rest	6 m run	12	5
1/6	1/12	Cross	3 m run	5 m run	3 m run	Rest	6 m pace	9	6
1/13	1/19	Cross	4 m run	7 m run	4 m run	Rest	7 m pace	14	7
1/20	1/26	Cross	4 m run	7 m run	4 m run	Rest	7 m run	15	8
1/27	2/2	Cross	4 m run	5 m run	4 m run	Rest	Rest	<b>Half Marathon</b>	9
2/3	2/9	Cross	4 m run	8 m run	4 m run	Rest	8 m pace	17	10
2/10	2/16	Cross	5 m run	8 m run	5 m run	Rest	8 m run	18	11
2/17	2/23	Cross	5 m run	5 m run	5 m run	Rest	8 m pace	13	12
2/24	3/1	Cross	5 m run	8 m run	5 m run	Rest	5 m pace	20	13
3/2	3/8	Cross	5 m run	5 m run	5 m run	Rest	8 m run	12	14
3/9	3/15	Cross	5 m run	8 m run	5 m run	Rest	5 m pace	20	15
3/16	3/22	Cross	5 m run	6 m run	5 m run	Rest	4 m pace	12	16
3/23	3/29	Cross	4 m run	5 m run	4 m run	Rest	3 m run	8	17
3/30	4/4	Cross	3 m run	Rest	Rest	2 m run	<b>Marathon</b>		