CoachJenny.com

MARATHON INTERMEDIATE RUN

TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Run	Cross-Train +ST	Run	Cross-Train +ST	Run	Run	Rest Day
INTENSITY	Easy Effort	Moderate Effort	Easy	Easy Effort	Easy Effort	Easy-to-Moderate Effort	
i-RATE SCALE	6 - 7	7+	8+	6 - 7	6 - 7	6 - 7+	
HEART RATE	65 - 75%	70 - 75%	80 - 85%	70 - 75%	65 - 75%	70 - 75%	
WEEK 1	45 minutes	40-45 minutes	50 minutes Easy Pace	40-45 minutes	40 minutes	7 miles	Rest
WEEK 2	45 minutes	40-45 minutes	50 minutes Easy Pace	40-45 minutes	40 minutes	8 miles	Rest
WEEK 3	45 minutes	40-45 minutes	50 minutes Easy Pace - Pickups	40-45 minutes	40 minutes	9 miles	Rest
WEEK 4	45 minutes	40-45 minutes	60 minutes Easy Pace - Pickups	40-45 minutes	40 minutes	7 miles	Rest
WEEK 5	50 minutes	40 minutes	60 minutes Easy Pace - Pickups	40 minutes	40 minutes	10 miles	Rest
WEEK 6	50 minutes	40-45 minutes	60 minutes Easy Pace - Pickups	40-45 minutes	40 minutes	11 miles	Rest
WEEK 7	50 minutes	40-45 minutes	Tempo A	40-45 minutes	40 minutes	7 miles [Race Pace Run]	Rest
WEEK 8	60 minutes	40-45 minutes	Tempo A	40-45 minutes	40 minutes	12 miles	Rest
WEEK 9	60 minutes	40-45 minutes	Tempo B	40-45 minutes	40 minutes	14 miles	Rest
WEEK 10	45 minutes	40-45 minutes	Tempo A	40-45 minutes	40 minutes	8 miles [Race Pace Run]	Rest
WEEK 11	60 minutes Pickups	40-45 minutes	Tempo B	40-45 minutes	40 minutes	16 miles	Rest
WEEK 12	50 minutes	40-45 minutes	Tempo A	40-45 minutes	40 minutes	10 miles	Rest
WEEK 13	60 minutes Pickups	40-45 minutes	Tempo B	40-45 minutes	30 minutes	18 miles	Rest
WEEK 14	50 minutes	40-45 minutes	Tempo A	40-45 minutes	40 minutes	8 miles [Race Pace Run]	Rest
WEEK 15	60 minutes Pickups	40-45 minutes	Tempo B	40-45 minutes	30 minutes	20 miles	Rest
WEEK 16	60 minutes	40-45 minutes	Tempo C	40-45 minutes	40 minutes	10 miles	Rest
WEEK 17	60 minutes Pickups	40-45 minutes	Tempo C	40-45 minutes	30 minutes	20 miles	Rest
WEEK 18	50 minutes	40-45 minutes	Tempo C	40-45 minutes	40 minutes	10 miles [Race Pace Run]	Rest
WEEK 19	45 minutes Pickups	40-45 minutes	Tempo C	40-45 minutes	30 minutes	7 miles	Rest
WEEK 20	40 minutes	Rest	30 minutes Pickups	Rest	25 minutes	Rest	**Race Day**