MARATHON TRAINING SCHEDULE:

Intermediate 4day/week plan

Should have 25-30 mile/week running base for at least 2 months

Cross-training: Alternate workout of 30-90 minutes, and not with great intensity

E-Cross: Cross-training 30-60 minutes, easy pace Pace: Per-mile pace you're aiming for in the marathon

Choose running days to accommodate your schedule, resting before and after long effort

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	cross	3 m run	5 m run	E-cross	5 m pace	rest	10
2	cross	3 m run	5 m run	E-cross	5 m run	rest	11
3	cross	3 m run	6 m run	E-cross	6 m pace	rest	8
4	cross	3 m run	6 m run	E-cross	6 m pace	rest	13
5	cross	3 m run	7 m run	E-cross	7 m pace	rest	10
6	cross	4 m run	8 m run	E-cross	8 m pace	rest	16
7	cross	4 m run	8 m run	E-cross	8 m run	rest	17
8	cross	4 m run	9 m run	E-cross	9 m pace	rest	12
9	cross	4 m run	9 m run	E-cross	9 m pace	rest	19
10	cross	5 m run	10 m run	E-cross	10 m run	rest	20
11	cross	6 m run	6 m run	E-cross	6 m pace	rest	12
12	cross	7 m run	10 m run	E-cross	10 m pace	rest	20
13	cross	8 m run	6 m run	E-cross	6 m run	rest	12
14	cross	5 m run	10 m run	E-cross	10 m pace	rest	20
15	cross	6 m run	8 m run	E-cross	4 m pace	rest	12
16	cross	4 m run	6 m run	E-cross	4 m run	rest	8
17	cross	3 m run	4 m run	E-cross	2 m run	rest	race