

Intermediate Marathon Plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Cross	5	8	5	Rest	8 pace	13
2	Cross	5	8	5	Rest	8	14
3	Cross	5	8	5	Rest	8 pace	10
4	Cross	5	10	5	Rest	10 pace	18
5	Cross	5	10	5	Rest	10	19
6	Cross	5	8	5	Rest	10 pace	14
7	Cross	6	11	6	Rest	11 pace	23
8	Cross	6	11	6	Rest	11	24
9	Cross	6	8	6	Rest	Rest	21.1
10	Cross	6	13	6	Rest	13 pace	27
11	Cross	8	13	8	Rest	13	29
12	Cross	8	8	8	Rest	13 pace	21
13	Cross	8	13	8	Rest	8 pace	32
14	Cross	8	8	8	Rest	13	19
15	Cross	8	13	8	Rest	8 pace	32
16	Cross	8	10	8	Rest	6 pace	19
17	Cross	6	8	6	Rest	5	13
18	Cross	5	6	Rest	Rest	Marathon	

Distances in kilometers. Pace means "marathon pace". Sunday Long Runs are nice and easy.

Adapted from Hal Higdon's Intermediate 1 Marathon Training Program.

See <http://www.halhighdon.com>