

17 Week MARATHON INTERMEDIATE SCHEDULE

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
1	5	XT or Rest	5	2	XT or Rest	6	XT or Rest	18
2	5	XT or Rest	5	2	XT or Rest	8	XT or Rest	20
3	5	XT or Rest	6	2	XT or Rest	10*	XT or Rest	23
4	5	XT or Rest	3	5	XT or Rest	12	XT or Rest	25
5	5	XT or Rest	6**	2	XT or Rest	10*	XT or Rest	23
6	5	XT or Rest	3	6	XT or Rest	14	XT or Rest	28
7	5	XT or Rest	6**	2	XT or Rest	16	XT or Rest	29
8	5	XT or Rest	6	2	XT or Rest	14**	XT or Rest	27
9	5	XT or Rest	3	7**	XT or Rest	18	XT or Rest	33
10	4	XT or Rest	8	2	XT or Rest	20	XT or Rest	34
11	4	XT or Rest	8	2	XT or Rest	14	XT or Rest	28
12	6	XT or Rest	7**	2	XT or Rest	20	XT or Rest	35
13	5	XT or Rest	8**	2	XT or Rest	14**	XT or Rest	29
14	8	XT or Rest	8	2	XT or Rest	20	XT or Rest	38
15	4	XT or Rest	10	2**	XT or Rest	14	XT or Rest	30
16	5	XT or Rest	4	2	XT or Rest	10	XT or Rest	21
17	5	XT or Rest	4		XT or Rest	0	26.2 Marathon	35.2

XT = Cross Train * 1/2 the run is uphill ** 1/2 the run is TEMPO or FARTLEK

Run, XT and Rest days may be adjusted to fit your schedule

Not necessary to run all three 20 milers

476.2