

MARATHON TRAINING PLAN INTERMEDIATE



Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	3-4 miles Steady	Rest	3-4 miles Steady	Rest	3-4 miles Fartlek	Rest	4-5 miles Steady
2	Rest	Rest	4 Miles Steady	Rest	3-4 miles Fartlek	Rest	5-6 miles Steady
3	Rest	Rest	4 Mile Fartlek	Rest	4-5 mile Steady	Rest	6-7 miles Steady
4	Easy 3 miles / Rest	Rest	4 Mile Fartlek	Rest	3-4 miles Tempo	Rest	7-8 mile Steady
5	Easy 3 miles / Rest	Rest	4-5 Mile Fartlek	Rest	4-5 mile Tempo	Rest	9-10 miles Steady
6	Easy 3 miles / Rest	Rest	4-5 Mile Fartlek	Rest	5-6 miles Tempo	Rest	10-11 miles Steady
7	Rest	Rest	5-6 Mile Fartlek	Rest	6-7 miles Tempo	Rest	11-12 miles Steady
8	Easy 3 miles / Rest	Rest	4 x 1 mile intervals - 6 mins Rest between intervals	Rest	Rest / cross train	Rest	12-13 miles Steady

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9	3-4 miles Steady	Rest	4 x 1 mile - 6 mins Rest between ints intervals	Rest	7 mile Tempo	Rest	13-14 miles Steady
10	3-4 mile Steady	Rest	4 x 1 mile - 6 mins Rest between intervals	Rest	8 miles Tempo	Rest	14-16 miles Steady
11	Rest	Rest	4-5 Mile Fartlek	Rest	4-5 miles Steady	Rest	16-18 miles Steady
12	Easy 3 miles / Rest	Rest	5 x 1 mile intervals - 6 mins Rest between ints	Rest	7-8 miles Tempo	Rest	18-20 mile Steady
13	Easy 3 miles / Rest	Rest	5 x 1 mile intervals 6 mins Rest between ints	Rest	7-8 miles Tempo	Rest	19-21 miles Steady
14	Easy 3 miles / Rest	Rest	5 x 1 mile intervals - 5 mins Rest between ints	Rest	5 miles Tempo	Rest	12-14 miles Steady
15	Easy 3 miles / Rest	Rest	4 x 1 mile - 5 mins Rest between intervals	Rest	4-5 miles Tempo	Rest	8-10 miles Steady
16	Easy 3 miles / Rest	Rest	3-4 miles Steady	Rest	3-4 miler Easy	Rest	RACE DAY

Explanation of Terms

If you're new to running, there will be a few terms in the Training Plan which might not make a huge amount of sense.

Although more information on training can be found on the [Improve your Running](#) section of the GH Training Website, here is an explanation of terms:

Easy - An "Easy" pace is sometimes referred to as a "recovery" run. It's a touch slower than a Steady run and should be performed at a really relaxed and gentle pace.

Steady - A "Steady" run is at a relaxed pace and one which you might describe as "comfortable". You should be able to socialise and talk running at this pace. The majority of your miles should be performed at this pace.

Tempo - A "Tempo" run is performed at a pace which is a touch quicker than your "Steady" pace and can be described as a pace which feels "comfortably hard." You should only be able to talk in short sentences - but it's not so hard that you collapse in a heap after the run.

Fartlek - A "Fartlek" session is fun. It's a set distanced run, such as 5 miles, where you simply throw in bursts of increased speed for random periods of time - whenever you feel like it. For example, you might see a lamppost a few hundred meters ahead of you and decide to run quickly until you reach it. Recover for a few minutes - then find something to run to.

Intervals - An "Interval" session is similar to a Fartlek, but more structured. An example might be 5 x 1 miles (at a quick pace) with 5 minutes rest in-between intervals.

Cross Train - Cycling, Swimming, Rowing or the "Elliptical" Cross Trainer in the gym are all good examples of Cross Training.

Key points on how to use the Intermediate timetable

- Remember that it is just a guide, you do not necessarily have to follow it word for word.
- If you have started training early, it's a good idea to repeat a week of training every now and again.
- Never run if you are carrying an injury, it'll only make it worse. If an injury persists, seek professional advice.
- If you feel your body and legs need a break from running, try a Cross Training session instead. Swimming and cycling are excellent.
- Don't feel guilty if you miss the odd run. Life has a pleasant or sometimes unpleasant habit of getting in the way of training. If you miss a week or two of training however, go back a week or so in the timetable and build your fitness levels back up again.

Training diary

Use the following pages to scribble down any notes you wish about your training. This might include information such as:

- The route you took.
- The distance and time of the run.
- How you felt during the run.
- Average Heart Rate (if you have a Heart Rate Monitor)

TRAINING DIARY

DATE	DISTANCE RUN	NOTES

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