

Marathon Training Schedule - Intermediate/Advanced

For experienced runners who have run marathons and/or half marathons; sub 9 minute pace



Definitions:

Easy Run - 1:00 to 1:30 minute slower than marathon pace; should be very relaxed

Over Distance - Tempo run (fartlek) - with bursts of speed during run (Marathon Pace to 30 second per mile faster)

Long Run - Marathon Pace to 1:00 minute per mile slower

Speed - track workout to improve speed

Week of	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Total	Comments
5/20	3		4	4	4		10	25	Sun and Wed - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
5/27	4		4	4	3		12	27	Sun and Wed - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
6/3	4		5	6	5		10	30	Sun and Wed - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
6/10	4		5	5	5		13	32	Sun and Wed - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
6/17	4		5	5	5		11	30	Sun and Wed - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
6/24	4		5	6	5		14	34	Sun and Wed - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
7/1	4		5	8	7		12	36	Sun and Wed - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
7/8	4		5	7	7		15	38	Sun and Wed - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
7/15	4		5	8	7		12	36	Sun and Wed - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
7/22	4		5	8	7		16	40	Sun and Wed - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
7/29	5		5	7	7		18	42	Sun and Wed - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
8/5	5		6	8	8		13	40	Sun and Wed - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
8/12	5		6	7	6		20	44	Sun and Wed - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
8/19	5		6	8	6	4	13	42	Sun, Wed and Fri - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
8/26	5		6	7	7		20	45	Sun and Wed - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
9/2	4		6	8	8	4	13	43	Sun, Wed and Fri - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
9/9	5		5	6	8		21	45	Sun and Wed - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
9/16	3		5	5	5		15	33	Sun and Wed - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
9/23	3		5	5	5		8	26	Sun and Wed - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
9/30	4		4	4	3		3	18	Sun and Wed - Easy Run; Tues - Speed; Thur - Over Distance; Sat - Long Run
Total	83	0	102	126	118	8	269	706	

For more information about training and Team World Vision, visit www.worldvision.org/chicagoteam