

Intermediate Marathon Training Plan

Weeks to go	Mon, Jan 16	Tue, Jan 17	Wed, Jan 18	Thu, Jan 19	Fri, Jan 20	Sat, Jan 21	Sun, Jan 22
16	3 miles	3 miles	3 miles		3 miles	ITC Haas Fine Arts 8:15 a.m. 5 miles	Rest/Cross/Easy
15	3 miles	3 miles	3 miles		3 miles	ITC Haas Fine Arts 8:15 a.m. 5 miles	Rest/Cross/Easy
14	5 miles Med Effort	3 miles	3 miles w/ Hills	3 miles/Rest	3 miles	ITC Haas Fine Arts 8:15 a.m. 5 miles	Rest/Cross/Easy
13	6 miles Med Effort	3 miles	2 miles WU and 4x400	3 miles/Rest	3 miles	ITC Haas Fine Arts 8:15 a.m. 5 miles	Rest/Cross/Easy
12	6 miles Med Effort	4 miles	3-4 miles at tempo	4 miles/Rest	3-5 miles	ITC Haas Fine Arts 8:15 a.m. 7 miles	Rest/Cross/Easy
11	7 miles Med Effort	5 miles	4 miles with hill repeats	5 miles/Rest	3-5 miles	ITC Haas Fine Arts 8:15 a.m. 9 miles	Rest/Cross/Easy
10	7 miles Med Effort	5 miles	6 x 400 10k Pace	4 miles/Rest	3-5 miles	ITC Haas Fine Arts 8:15 a.m. 12 miles	Rest/Cross/Easy
9	6 miles Med Effort	5 miles	5 miles w/ 20min tempo	4 miles/Rest	3-5 miles	ITC Haas Fine Arts 8:15 a.m. 10 miles	Rest/Cross/Easy
8	7 miles Med Effort	5 miles	Hills at 10k Pace	4 miles/Rest	3-5 miles	ITC Haas Fine Arts 8:15 a.m. 14 miles	Rest/Cross/Easy
7	6 miles Med Effort	5 miles	6 miles w/ 30min tempo	4 miles/Rest	3-5 miles	ITC Haas Fine Arts 8:15 a.m. 16 miles	Rest/Cross/Easy
6	10 miles Med Effort	5 miles	8 x 400 10k Pace	4 miles/Rest	3-5 miles	ITC Haas Fine Arts 8:15 a.m. 18 miles	Rest/Cross/Easy
5	6 miles Med Effort	5 miles	7 miles w/ 40min tempo	4 miles/Rest	3-5 miles	SPEED WORK Spring Fever 10k	Rest/Cross/Easy
4	5 miles Med Effort	5 miles	5 miles	4 miles/Rest	3 miles	ITC Haas Fine Arts 8:15 a.m. 20 miles	Rest/Cross/Easy
3	6 miles Med Effort	5 miles	7 miles w/ 30min tempo	4 miles/Rest	3-5 miles	ITC Haas Fine Arts 8:15 a.m. 16 miles	Rest/Cross/Easy
2	4 miles Med Effort	5 miles	10 x 400 10k Pace	4 miles/Rest	3-5 miles	ITC Haas Fine Arts 8:15 a.m. 10 miles	Rest/Cross/Easy
1	3 miles	Rest	4 miles Tempo	2-3 miles	SHEELS	Eat Pasta!	





Note: All plans are open for interpretation and should be thought of as a framework. Some people like a lot of cross training, some like running up to 6 days a week and others still may only run 3 days a week in preparation for a marathon. Two of the most important things for any training plan is to *listen to your body* and *modify plans to work for you*. There are many resources on the web describing the overall idea of half marathon and marathon training, for instance Hal Higdon [Novice Half](#), [Intermediate Half](#), [Marathon Guides](#)

A beginner who has already run a 5k or 5 miler should be running 3 times a week **with one day a bit faster (red)** **one day easy (teal)** **and one day long (blue)**. Adding in additional days of running or cross training is suggested to fit your schedule and ability. Feel free to *exchange days* listed above as needed.

Outline of Terms and workouts All workouts should have a warm up and warm down

Easy/Recovery These runs are done for recovery, and are done at a pace just above warm-up and warm-down pace.

Long (blue). One day a week you will do a long run. These are designed to build endurance and follow a regular progression of adding mileage. These schedules show these long runs taking place Saturday mornings. Feel free to join a training group leaving the UWEC campus at 8:15am. [More Information](#).

Tempo Run Run at a comfortably hard pace for the middle part of the run. These runs are designed to increase your lactic threshold. These are typically longer sustained efforts, as opposed to the *on/off* nature of the 400's. In some cases it might make sense to break the tempo part of the run in half. For instance you could take a 30 minute tempo run and turn it into a 15 min tempo, 3 min easy, and another 15 minute tempo run at half marathon pace.

400's Can be done on a track or estimated for distance or time within a road run. The 400's are done at 10k pace (faster than your target pace for the race) and are followed by a 200-400 recovery that is jogged at a pace slower than your half marathon pace. These sessions are designed to get your body to understand different pacing, and to steadily build up your ability to run faster. Some people may just want to set a count-down timer and do a session where you run 2 minutes "on" and 2 minutes "off" for a set distance or set amount of times. Fartleks are a variation of this type of workout where the distances are varied throughout the workout

Hills Hills are done to in order to increase strength (and to practice for the hill in the last mile of the race!). You can choose a type of hill workout that works for you.

- Warm up, do repeats on a single hill, like State Street, Doty, Dodge or Gray Streets (East Hill). Hard up and easy down. If your total time on the way up starts to increase by more than 10% it would be best to stop.
- Run to a longer hill section, like the one in Carson from Dairy Queen to the fishing bridge. Warm up to the park, run up one hill and down the other, then return. Progressively do more passes as you build your strength throughout the build-up.
- Find a hillier route and attack each hill, making sure to increase your intensity as you crest the hill. You could also combine a hilly route with a tempo run.

SPEED WORK/RACE Many plans include a shorter race 4 to 5 weeks before a bigger goal. This is not essential, but does help those new to running races the chance to go through the race morning routine and to test their race pace in a race setting.