



# Marathon Intermediate Training Program

**Legend:** w/u = warm up, c/d = cool down, jog = slow easy pace, run = steady pace, effort = push hard

## Week 8

Monday 50min jog

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Tuesday

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Wednesday 15min jog w/u  
(10min effort, 2 min jog) X3  
15min jog c/d

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Thursday 50min jog (hilly course)

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Friday

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Saturday 15min jog w/u  
30min run  
15min jog c/d

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Sunday 70min jog

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## Week 7

Monday 50min jog

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Tuesday

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Wednesday 15min jog w/u  
(10min effort, 2 min jog) X3  
15min jog c/d

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Thursday 50min jog (hilly course)

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Friday

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Saturday 15min jog w/u  
30min run  
15min jog c/d

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Sunday 90min jog

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## Week 6

Monday 50min jog easy

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Tuesday

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Wednesday 15min jog w/u  
(20min effort, 5 min jog) X2  
15min jog c/d

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Thursday 60min jog (hilly course)

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Friday

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Saturday 15min jog w/u  
30min run  
15min jog c/d

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Sunday 90min jog

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## Week 5

Monday 60min jog easy

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Tuesday

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Wednesday 15min jog w/u  
(20min effort, 5 min jog) X2  
15min jog c/d

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Thursday 60min jog (hilly course)

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Friday

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Saturday 15min jog w/u  
30min run  
15min jog c/d

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Sunday 100min jog

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# Marathon Intermediate Training Program

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## Week 12

Monday 30min jog

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Tuesday

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Wednesday 10min jog w/u  
20min run  
10min jog c/d

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Thursday 40min jog

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Friday

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Saturday 15min jog w/u  
15min run  
15min jog c/d

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Sunday 50min jog

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## Week 11

Monday 40min jog

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Tuesday

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Wednesday 15min jog w/u  
20min run  
15min jog c/d

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Thursday 45min jog

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Friday  
1/08/08

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Saturday 15min jog w/u  
15min run  
15min jog c/d

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Sunday 60min jog

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## Week 10

Monday 40min jog

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Tuesday

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Wednesday 15min jog w/u  
(3min effort, 2 min jog) X5  
15min jog c/d

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Thursday 45min jog (hilly course)

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Friday

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Saturday 15min jog w/u  
20min run  
15min jog c/d

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Sunday 60min jog

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## Week 9

Monday 40min jog

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Tuesday

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Wednesday 15min jog w/u  
(5min effort, 2 min jog) X5  
15min jog c/d

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Thursday 50min jog (hilly course)

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Friday

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Saturday 15min jog w/u  
25min run  
15min jog c/d

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Sunday 70min jog

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# Marathon Intermediate Training Program

**Legend:** w/u = warm up, c/d = cool down, jog = slow easy pace, run = steady pace, effort = push hard

## Week 16

Monday

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Tuesday

10min walk w/u  
10min jog 2min walk 10min jog  
10min walk c/d

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Wednesday

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Thursday

10min walk w/u  
20min jog  
10min walk c/d

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Friday

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Saturday

10min walk w/u  
15min jog 2min walk 15min jog  
10min walk c/d

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Sunday

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## Week 15

Monday

10min walk w/u  
20min jog  
10min walk c/d

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Tuesday

10min walk w/u  
20min jog 2min walk 15min jog  
10min walk c/d

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Wednesday

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Thursday

10min walk w/u  
30min jog  
10min walk c/d

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Friday

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Saturday

10min walk w/u  
20min jog 2min walk 20min jog  
10min walk c/d

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Sunday

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## Week 14

Monday

10min walk w/u  
25min jog  
10min walk c/d

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Tuesday

5min walk w/u  
25min jog 5min walk 25min jog  
5min walk c/d

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Wednesday

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Thursday

5min walk w/u  
30min jog  
5min walk c/d

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Friday

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Saturday

10min jog w/u  
15min run  
10min jog c/d

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Sunday

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## Week 13

Monday

30min jog

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Tuesday

10min jog w/u  
15min run  
10min jog c/d

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Wednesday

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Thursday

35min jog

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Friday

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Saturday

10min jog w/u  
15min run  
10min jog c/d

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Sunday

45min jog

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