
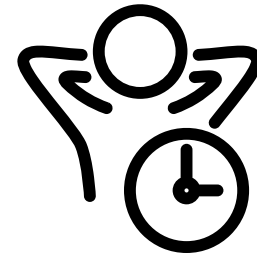
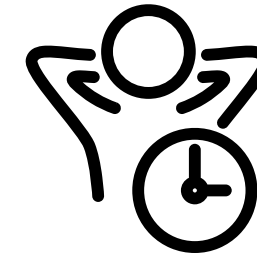
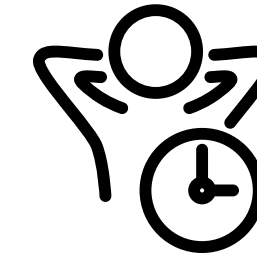

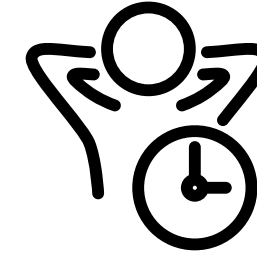
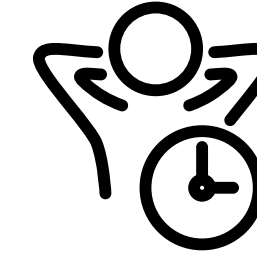


MARATHON INTERMEDIATE TRAINING PLAN


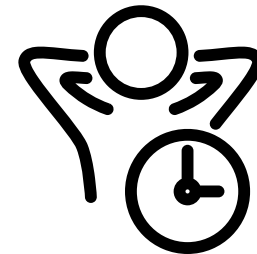
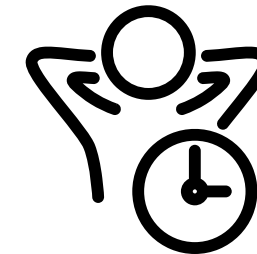
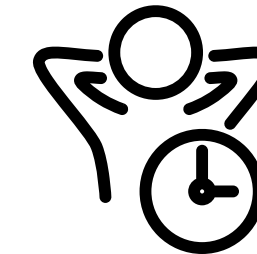

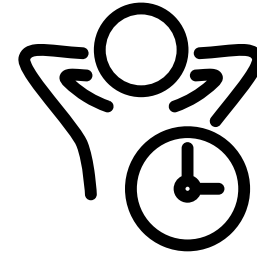
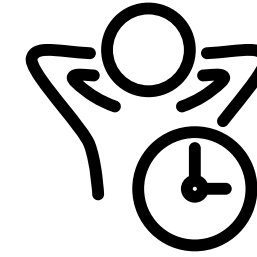
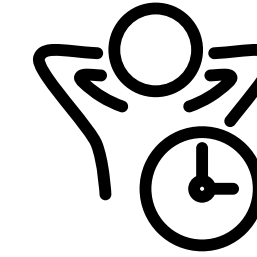


WEEK	1	2	3	4
Sunday	21 km long run	40mins easy, 10 X 2mins tempo pace, 10 mins easy	21 km long run	19 km long run
Monday	9 km easy run	9 km easy run	9 km easy run	9 km easy run
Tuesday	2.5 km jog, 4X5mins tempo pace, 2.5 km cool down run	2.5 km warm up, 8 km jog, 2.5 km cool down run	2.5 km jog, (5X3) jog recoveries, 2.5 km cool down run	2.5 km warm up, 8 km jog, 2.5 km cool down run
Wednesday	Strength Training	Strength Training	Strength Training	Strength Training
Thursday	 Rest	 Rest	 Rest	 Rest
Friday	2.5 km jog, 10 km tempo pace, 2.5 km cool down run	12.5 km easy run	2.5 km jog, 10 km tempo pace, 2.5 km cool down run	13 km easy run
Saturday	 Rest	30 mins easy	 Rest	 Rest

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MARATHON INTERMEDIATE TRAINING PLAN

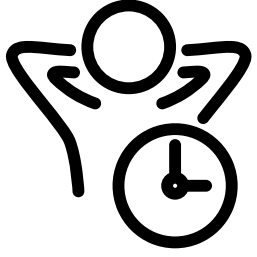









WEEK	5	6	7	8
Sunday	25.5 km long run	27 km long run	29 km long run	HM race
Monday	9 km easy run	9 km easy run	9 km easy run	9 km easy run
Tuesday	2.5 km jog, (4X6 mins) tempo run, 2.5 km cool down run	2.5 km warm up, 45mins run, 2.5 km cool down run	2.5 km warm up, 9.5 km easy run pace, 2.5 km cool down run	2.5 km warm up, (5 X 6 mins) with 2 mins float, 2.5 km cool down run
Wednesday	Strength Training	Strength Training	Strength Training	Strength Training
Thursday	 Rest	 Rest	 Rest	 Rest
Friday	2.5 km jog, 11 km tempo pace, 2.5 km cool down run	2.5 km jog, 12kms tempo run, 2.5 km cool down run	2.5 km jog, 13 km tempo run, 12.5 km cool down run	5.5 km easy run
Saturday	 Rest	 Rest	 Rest	 Rest

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MARATHON INTERMEDIATE TRAINING PLAN



WEEK	9	10	11	12
Sunday	32 km long run	24 km long run	19 km long run	 Rest
Monday	9 km easy run	9 km easy run	9 km easy run	9 km easy run
Tuesday	2.5 km warm up, 12kms tempo pace, 2.5 km cool down run	2.5 km warm up, 16 km easy run pace, 2.5 km cool down run	2.5 km warm up, 9 kms easy run pace, 2.5 km cool down run	2.5 km warm up, 7 km (4 X 1) km off 2 mins slow jog recovery, 2.5 km cool down run
Wednesday	Strength Training	Strength Training	Strength Training	 Rest
Thursday	 Rest	 Rest	11 km easy run	6.5 km easy run
Friday	2.5 km warm up, (4 X 8mins) with 2 mins float, 2.5 km cool down run	16 km steady run	2.5 km warm up, 13 km tempo run pace, 2.5 km cool down run	MARATHON
Saturday	 Rest	 Rest	 Rest	 Rest

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