



**16 - WEEK**

# MARATHON TRAINING PLAN

## INTERMEDIATE

If you've finished a marathon, and now want to finish faster, train with Runner's World. This 16-week plan is geared for those who have been running for two to three years, have gone through regular cycles of logging up to 30 miles a week, and have finished a few half marathons and at least one marathon. It will help you develop the speed and endurance you need to run your best marathon yet. Each week features two days of rest and five days of running. That includes hill work and interval training to build leg and lung power, plus marathon goal pace runs.

GET ALL THE DETAILS YOU NEED TO TRAIN FOR AND RACE 26.2 WITH OUR [\*\*MASTER THE MARATHON PROGRAM!\*\*](#)

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# INTERMEDIATE MARATHON TRAINING PLAN

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	Rest	3 miles Easy Run	5 miles Hills	Rest	5 miles Easy Run	0-3 miles Easy Run	10 miles LSD
WEEK 2	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	Rest	3 miles Easy Run	6 miles Hills	Rest	6 miles Easy Run	0-3 miles Easy Run	12 miles LSD
WEEK 3	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	Rest	4 miles Easy Run	6 miles Hills	Rest	6 miles Easy Run	3 miles Easy Run	10 miles LSD
WEEK 4	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
	Rest	4 miles Easy Run	6 miles Hills	Rest	6 miles Easy Run	3 miles Easy Run	14 miles LSD
WEEK 5	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
	Rest	4 miles Easy Run	7 miles Hills	Rest	<u>6 miles with 2 miles at MP</u>	3 miles Easy Run	10 miles LSD
WEEK 6	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
	Rest	4 miles Easy Run	7 miles Hills	Rest	<u>6 miles with 3 miles at MP</u>	4 miles Easy Run	16 miles LSD
WEEK 7	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
	Rest	4 miles Easy Run	9 miles Hills	Rest	<u>7 miles with 3 miles at MP</u>	4 miles Easy Run	10 miles LSD
WEEK 8	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
	Rest	4 miles Easy Run	<u>8 miles with Hill Repeats</u>	Rest	<u>7 miles with 4 miles at MP</u>	4 miles Easy Run	16 miles LSD



# INTERMEDIATE MARATHON TRAINING PLAN

WEEK 9	DAY 57	DAY 58	DAY 59	DAY 60	DAY 61	DAY 62	DAY 63
	Rest	4 miles Easy Run	8 miles with 3 × 1-Mile Repeats	Rest	9 miles with 6 miles at MP	3 miles Easy Run	18 miles LSD
WEEK 10	DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69	DAY 70
	Rest	4 miles Easy Run	9 miles with Intervals	Rest	10 miles with 7 miles at MP	Rest	14 miles LSD
WEEK 11	DAY 71	DAY 72	DAY 73	DAY 74	DAY 75	DAY 76	DAY 77
	Rest	4 miles Easy Run	9 miles Easy Run	Rest	10 miles with 8 miles at MP	4 miles Easy Run	20 miles LSD
WEEK 12	DAY 78	DAY 79	DAY 80	DAY 81	DAY 82	DAY 83	DAY 84
	Rest	4 miles Easy Run	9 miles with 4 × 1-Mile Repeats	Rest	7 miles with 5 miles at MP	8 miles Easy Run	14 miles LSD
WEEK 13	DAY 85	DAY 86	DAY 87	DAY 88	DAY 89	DAY 90	DAY 91
	Rest	5 miles Easy Run	10 miles with Intervals	Rest	10 miles with 8 miles at MP	4 miles Easy run	20–22 miles LSD
WEEK 14	DAY 92	DAY 93	DAY 94	DAY 95	DAY 96	DAY 97	DAY 98
	Rest	5 miles Easy Run	8 miles with 3 × 1-Mile Repeats	Rest	9 miles with 4 miles at MP	4 miles Easy Run	16 miles LSD or 5K Race
WEEK 15	DAY 99	DAY 100	DAY 101	DAY 102	DAY 103	DAY 104	DAY 105
	Rest	4 miles Easy Run	6 miles Easy Run	Rest	6 miles with 3 miles at MP	4 miles Easy Run	12 miles LSD
WEEK 16	DAY 106	DAY 107	DAY 108	DAY 109	DAY 110	DAY 111	DAY 112
	Rest	4 miles Easy Run	Rest	4 miles with 2 miles at MP	Rest	3 miles Easy Run	<b>RACE DAY!</b>

## WORKOUT KEY

### ▶ Rest

Take the day off! You can use this time to relax on the couch, do some meditation, or incorporate light mobility work or an easy yoga class. These days give your body a chance to recover from the hard work you put in, which allows you to progress, and they get you ready for the next run.

### ▶ Easy Run

These workouts should feel just as they sound: easy. You want to run at an effort that allows you to have a conversation. If you're huffing and puffing, you're going too fast. Try to start them extra slow and light so you can finish strong. These allow you to increase your time on feet and weekly mileage, building endurance while lowering risk of injury. They'll also strengthen your lungs and your legs. You can also sub in cross-training on optional easy run days. We advise runners to use 10K race pace plus 2 minutes for easy-day pace, wear heart rate monitors (and aim for 65 to 70 percent of maximum heart rate) or take occasional treadmill runs to monitor pace. You can also use the talk test to help manage intensity. Focus on a pace that allows you to have a conversation.

### ▶ Miles With Intervals

These are your speed workouts. They're designed to get you faster via interval training. You'll start with easy running to warm up and end with easy running to cool down. Follow the workout prescriptions to gain the most benefits (don't overdo it!), and know some days you won't hit the paces perfectly. Make sure you recover between each interval, jogging or walking.

### ▶ Hills

Run the day's mileage on the hilliest route you can find. Don't worry too much about the length or grade of the hills. Just get a variety of inclines and descents. Hills help you boost your leg and lung power. Lean slightly forward from the ankles and keep your chest tall on the uphills. On the downhills, think "light, quick steps." Don't let your feet slap the pavement, and don't brake with your legs.

### ▶ LSD: Long Slow Distance Run

These workouts are all about building endurance and teaching you to run farther so you can finish your race feeling strong. Whenever you're pushing your body farther, it's extra important to start at a pace that feels conservative. That way, you have the energy to finish feeling good. So start slower than you think you need to, and remember you should be able to hold a conversation as you run.

### ▶ MP: Marathon Pace

You'll see marathon pace workouts mixed into some of your runs. You'll run these portions at goal marathon pace, whatever that might be for your race goal, which will make your pace on race day feel easier. These efforts should feel comfortably hard, about a 6 or 7 on a scale of 1 to 10 rate of perceived exertion, with 10 being all-out effort.

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## SPEED WORKOUTS

**Day 33:** 6 miles with 2 miles at MP

- 2 miles easy warmup
  - 2 miles at marathon pace
  - 2 miles easy cooldown
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**Day 40:** 6 miles with 3 miles at MP

- 2 miles easy warmup
  - 3 miles at marathon pace
  - 1 mile easy cooldown
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**Day 47:** 7 miles with 3 miles at MP

- 2 miles easy warmup
  - 3 miles at marathon pace
  - 2 miles easy cooldown
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**Day 52:** 8 miles with Hill Repeats

- 2 miles easy warmup
  - 3-4 × short hill (~1 min climb, jog down recovery)
  - 3-4 × long hill (~2 min climb, jog down recovery)
  - 3-4 × short hill (~1 min climb, jog down recovery)
  - 2 miles easy cooldown
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**Day 54:** 7 miles with 4 miles at MP

- 2 miles easy warmup
  - 4 miles at marathon pace
  - 1 mile easy cooldown
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**Day 59:** 8 miles with 3 × 1-Mile Repeats

- 2 miles easy warmup
- 3 × 1 mile @ 10K pace, 800m recovery
- 2 miles easy cooldown

**Day 61:** 9 miles with 6 miles at MP

- 2 miles easy warmup
  - 6 miles at marathon pace
  - 1 mile easy cooldown
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**Day 66:** 9 miles with Intervals

- 3 miles easy warmup
- 4 × 800m, 400m recovery
- 3 miles easy cooldown

Try to run the repeats in a time that's "equal" to your marathon time. That is, if you're shooting for a 3:10 marathon, try to run each 800-meter repeat in three minutes and 10 seconds.

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**Day 68:** 10 miles with 7 miles at MP

- 2 miles easy warmup
  - 7 miles at marathon pace
  - 1 mile easy cooldown
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**Day 75:** 10 miles with 8 miles at MP

- 1 mile easy warmup
  - 8 miles at marathon pace
  - 1 mile easy cooldown
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**Day 80:** Mile Repeats (9 miles with 4 × 1 mile)

- 2 miles easy warmup
  - 4 × 1 mile @ 10K pace, 800m recovery
  - 1 mile easy cooldown
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**Day 82:** 7 miles with 5 miles at MP

- 1 mile easy warmup
- 5 miles at marathon pace
- 1 mile easy cooldown

**Day 87:** 10 Miles with Intervals

- 2 miles easy warmup
- 6 × 800m, 400m recovery
- 3 miles easy cooldown

Try to run the repeats in a time that's "equal" to your marathon time. That is, if you're shooting for a 3:10 marathon, try to run each 800-meter repeat in three minutes and 10 seconds.

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**Day 89:** 10 miles with 8 miles at MP

- 1 mile easy warmup
  - 8 miles at marathon pace
  - 1 mile easy cooldown
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**Day 94:** 8 miles with 3 × 1-Mile Repeats

- 2 miles easy warmup
  - 3 × 1 mile at 10K pace, 400m recovery
  - 2 miles easy cooldown
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**Day 96:** 9 miles with 4 miles at MP

- 3 miles easy warmup
  - 4 miles at marathon pace
  - 2 miles easy cooldown
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**Day 103:** 6 miles with 3 miles at MP

- 2 miles easy warmup
  - 3 miles at marathon pace
  - 1 mile easy cooldown
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**Day 109:** 4 miles with 2 miles at MP

- 1 mile easy running
- 2 miles at marathon pace
- 1 mile easy cooldown