

Intermediate Marathon Training Log

Schedule	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Total	
Starts 7/25																
Week 1	3		X-train		3		5		Rest		8		X-train or rest		19	
Week 2	3		X-train		3		6		Rest		8		X-train or rest		20	
Week 3	4		X-train		4		6		Rest		10		X-train or rest		24	
Week 4	3		X-train		4		7		Rest		5K		9		25	
Week 5	4		X-train		4		8		Rest		12		X-train or rest		28	
Week 6	3		X-train		3		6		Rest		10		X-train or rest		22	
Week 7	5		X-train		5		8		Rest		12		X-train or rest		30	
Week 8	5		X-train		5		9		Rest		13		X-train or rest		32	
Week 9	5		X-train		5		10		Rest		12K		5		34	
Week 10	3		X-train		3		6		Rest		15		X-train or rest		27	
Week 11	5		X-train		5		10		Rest		20		X-train or rest		40	
Week 12	rest		X-train		5		8		Rest		30K		5		32	
Week 13	rest		X-train		5		10		Rest		20		X-train or rest		35	
Week 14	rest		X-train		3		8		Rest		12		Rest		23	
Week 15	3		X-train		3		6		Rest		8		Rest		20	
Week 16	3		X-train		3		Stretch		Rest		RACE	11/5	Recover		29.2	

Start Date: Monday, July 25th

Race Date: Saturday, November 5th

x-train or XT = 60 minutes of cross training (bike, swim, strengthening, core)

Week 4: Bobcat Scorcher 5K August 20th

tempo/interval = ½ mile warm up, ¼ mile speed, ¼ mile tempo, repeat

Week 9: Tiger Bass 12K September 17th

Week 12: Buffalo Run 30K October 9th