Intermediate - Advanced Marathon Training Schedule

At least one marathon under your belt, preferably recently, with your sights on a PR; and comfortably able to complete 35 weekly miles.

Week	S	M	T	W	T	F	S	Total
1	6	4	2	4	2	4	0	22
2	8	4	3	4	3	4	0	26
3	8	5	4	6	3	4	0	30
4	8	5	4	8	3	4	0	32
5	10	4	4	8	4	5	0	35
6	10	4	6	8	4	6	0	38
7	12	5	6	8	4	6	0	41
8	12	6	6	8	6	7	0	45
9	14	6	5	8	7	6	2	48
10	14	6	5	9	7	6	3	50
11	16	6	7	9	7	5	2	52
12	16	6	7	10	7	6	0	52
13	16	6	8	12	8	7	0	57
14	18	7	9	12	8	7	0	64
15	18	8	10	12	10	7	0	65
16	18	8	10	6 SW	8	8	3	61
17	18	8	10	6 SW	8	10	3	63
18	18	8	10	6 SW	9	10	4	65
19	18	8	10	6 SW	9	12	4	67
20	18	9	11	6 90% RP	9	12	0	65
21	20	9	12	6 90% RP	9	12	0	68
22	20	9	12	6 at RP	9	12	2	70
23	20	10	12	4 SW	9	12	0	67
24	15	8	8	6	8	10	0	55
25	12	6	6	0	5	0	0	29
Race								