

Beginner – Intermediate Marathon Training Schedule

4-6 months of weekly running and a base of 20 miles per week. Duration of program is 25 weeks with no speed work until week 16. Pace for long runs 75-80% of goal pace. Key: SW= Speed workout. RP = goal race pace.

Week	S	M	T	W	T	F	S	Total
1	6	0	2	4	2	4	0	18
2	7	0	2	4	2	4	0	19
3	8	0	2	4	2	4	0	20
4	9	0	2	4	2	4	0	21
5	10	0	2	4	2	5	0	23
6	10	0	2	4	2	5	0	23
7	10	0	4	5	2	5	0	26
8	10	0	4	5	2	5	0	26
9	11	2	4	5	2	5	0	29
10	12	2	4	5	3	5	0	31
11	14	0	4	5	3	5	0	31
12	14	2	4	5	3	5	0	33
13	15	0	4	6	3	6	0	34
14	16	0	4	6	3	6	0	35
15	18	0	4	6	3	6	0	37
16	16	2	2	4 SW	2	4	0	30
17	18	0	4	4 SW	2	6	0	34
18	16	2	4	4 SW	4	6	0	36
19	18	3	4	4 SW	4	6	0	39
20	18	4	2	6 90% RP	2	4	0	38
21	20	0	2	6 90% RP	2	6	0	36
22	20	2	3	6 at RP	2	4	0	37
23	20	2	4	4 SW	4	6	0	40
24	15	3	3	4	2	5	0	33
25	10	0	4	0	4	0	0	18
Race								