

Running Types

Interval Training or Speed Work:

This is an anaerobic workout, running at a faster pace than your race pace. If for example you run 10K at an average of six minutes a mile then this speed work will be done in a pace between 5:15 and 5:45 per mile. An interval session could be 3 times one mile at 5:40 pace with a rest in between of 5 minutes in a very slow jog, allowing your body to recover before the next hard mile. This type of workout lets your body learn to run fast. It recruits fast twitch muscle fibers that do not get used in long distance runs.

If there is no track available where you live I would suggest running 6 minutes hard then 5 minutes very easy (a jog). Repeat this three times. These longer interval runs, work well in increasing your VO2 max; the amount of oxygen your body uses that it takes in. If you can increase your VO2 max you will be able to run further at a faster pace.

Tempo Runs:

Tempo runs are done at a pace close to, but never exceeding, your lactate threshold. Your lactate threshold is the fastest pace running that you can maintain for a fairly long period of time (around 20 minutes) without accumulating lactic acid. You can increase your lactate threshold through tempo runs.

You should run between 4 and 6 miles at 20 to 30 seconds slower than your race pace. I recommend finding a nice quiet road that has some hills and some flat sections. The change of terrain will stress different muscles and will improve your running economy. These runs are the closest you will get to simulate a racing situation. Interval sessions are much faster than race pace and distance runs are much slower than a race. Tempo runs will help with your pace judgment and your running form. It is a bit of a race situation without the exhaustion you will have in your real races.

Long Distance Runs:

Long runs are usually done on Sunday mornings the day after your tempo run or interval session. This is a long aerobic run, building your aerobic base. You should do this run slower than your race pace. This run should be done at a conversational pace. If you have a training partner you will want to be able to talk to them for the entire run. You should be able to enjoy the weather, the scenery and inhaling the fresh air of the season you are in.

Easy Days:

These are 'days off', cross training or slow short runs to aid in recovery from hard days. The easy day is often overlooked but is needed to prevent injuries and illnesses that come from over training.

Fit For...

Running a Marathon Training Plan for Intermediate

Week 1	Monday Rest	Tuesday 5 miles 5 x 20 seconds fast	Wednesday 4 miles	Thursday Interval run 4 x 1 mile tempo 1 min recovery jog each	Friday 5 miles	Saturday Interval run 1 mile 4 x 90 second hill walk 1 min recovery jog each 1 mile	Sunday 10 miles
Week 2	Monday 4 miles	Tuesday 5 miles 5 x 20 seconds fast	Wednesday 4 miles	Thursday Interval run 1 mile 4 x 1 mile tempo 1 mile	Friday 5 miles	Saturday Interval run 1 mile 8 x 400m fast 400 m recovery jog 1 mile	Sunday 11 miles
Week 3	Monday 3 miles	Tuesday 5 miles 5 x 20 seconds fast	Wednesday Interval run 10 min jog 5 x 1200m tempo 1 min rest each 10 min jog	Thursday 5 miles	Friday 5 miles 5 x 20 seconds fast	Saturday Interval run 1 mile 4 x 90 second hill walk 1 min recovery jog each 1 mile	Sunday 12 miles
Week 4	Monday Rest	Tuesday 6 miles 5 x 20 seconds fast	Wednesday Interval run 1 mile jog 8 x 400m tempo 400m recovery jog each 1 mile jog	Thursday 7 miles	Friday 4 miles 5 x 20 seconds fast	Saturday 5k road race or 2 miles jog 3 miles tempo 2 miles jog	Sunday 10 miles
Week 5	Monday 4 miles	Tuesday 7 miles 5 x 20 seconds fast	Wednesday Interval run 1 mile jog 5 x 1 mile tempo 1 min recovery jog each 1 mile jog	Thursday 7 miles	Friday 4 miles 5 x 20 seconds fast	Saturday 5k road race or 2 miles jog 3 miles tempo 2 miles jog	Sunday 14 miles
Week 6	Monday 4 miles	Tuesday 7 miles 5 x 20 seconds fast	Wednesday Interval run 1 mile jog 6 x 800m at 3:25 pace 3 min recovery jog each 1 mile jog	Thursday 7 miles	Friday 4 miles 5 x 20 seconds fast	Saturday 1 mile 5 miles marathon pace 1 miles	Sunday 12 miles

**Remember your warm-up and cool down stretches*

**RACE
DIRECTORY**

**If you are looking for a race click on the
race directory link back on the site.*

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Week 7	Monday Rest	Tuesday 8 miles 5 x 20 seconds fast	Wednesday Interval run 1 mile jog 8 x 90 second hill walk 1 min recovery jog each 1 mile jog	Thursday 7 miles	Friday 4 miles 5 x 20 seconds fast	Saturday Interval run 1 mile 3 x 2 miles tempo 2 min recovery jog each 1 miles	Sunday 16 miles
Week 8	Monday 8 miles	Tuesday 5 miles 5 x 20 seconds fast	Wednesday Interval run 1 mile jog 6 x 800m fast 3 min recovery jog each 1 mile jog	Thursday 7 miles	Friday 5 miles 5 x 20 seconds fast	Saturday Interval run 1 mile 10K race or 6 mile tempo run at 7:30 pace 1 mile	Sunday 13 miles
Week 9	Monday 5 miles	Tuesday 7 miles 5 x 20 seconds fast	Wednesday Interval run 1 mile jog 4 x 1200m fast 5 min recovery jog each 1 mile jog	Thursday 6 miles	Friday 5 miles 5 x 20 seconds fast	Saturday Interval run 1 mile 7 miles at marathon pace 1 mile	Sunday 18 miles
Week 10	Monday Rest	Tuesday 7 miles 5 x 20 seconds fast	Wednesday Interval run 1 mile jog 10 x 400m fast 2 min recovery jog each 1 mile jog	Thursday 7 miles	Friday 5 miles 5 x 20 seconds fast	Saturday 10 miles	Sunday 2 miles easy 9 miles marathon pace
Week 11	Monday 5 miles	Tuesday 8 miles 5 x 20 seconds fast	Wednesday Interval run 1 mile jog 8 x 800m fast 3 min recovery jog each 1 mile jog	Thursday 7 miles	Friday 5 miles 5 x 20 seconds fast	Saturday 1 mile easy 6 miles tempo 1 mile easy	Sunday 20 miles
Week 12	Monday 6 miles	Tuesday 8 miles 5 x 20 seconds fast	Wednesday Interval run 1 mile jog 8 x 90 second hill walk 1 min recovery jog each 1 mile jog	Thursday 8 miles	Friday 5 miles 5 x 20 seconds fast	Saturday Half marathon at marathon pace	Sunday 10 miles

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Week 13	Monday Rest	Tuesday 5 miles 5 x 20 seconds fast	Wednesday Interval run 1 mile jog 8 x 800m fast 3 min recovery jog each 1 mile jog	Thursday 6 miles	Friday 5 miles 5 x 20 seconds fast	Saturday 10 miles at marathon pace	Sunday 10 miles
Week 14	Monday Rest	Tuesday 5 miles 5 x 20 seconds fast	Wednesday Interval run 1 mile jog 10 x 400m 2 min recovery jog each 1 mile jog	Thursday 6 miles	Friday 5 miles 5 x 20 seconds fast	Saturday Interval run 1 mile jog 2 miles tempo 1 hour easy 2 miles tempo 1 mile jog	Sunday 14 miles
Week 15	Monday 3 miles	Tuesday 5 miles 5 x 20 seconds fast	Wednesday Interval run 1 mile jog 5 x 1 mile tempo 1 min recovery jog each 1 mile jog	Thursday 5 miles	Friday 4 miles	Saturday 15 miles marathon pace	Sunday 8 miles
Week 16	Monday Rest	Tuesday 5 miles	Wednesday Interval run 1 mile jog 4 x 1000m at 4:14 pace 1 mile jog	Thursday 3 miles	Friday Rest	Saturday 3 miles	Sunday Race day

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