



Now is the time to train!

42.2km Marathon Intermediate Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 6/5/19 - 12/5/19	Rest Day	40 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up, Mona Fartlek, 15 Minute Cool Down	40 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 2 x 5km at HM Pace with 1km Jog Recovery, 15 Minute Cool Down	27kms Easy
2 13/5/19 - 19/5/19	Rest Day	40 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up, 7km at Mara Pace into 4km at HM Pace, 15 Minute Cool Down	45 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 8 x 400m with 200m Float Recovery, 15 Minute Cool Down	28kms Easy
3 20/5/19 - 26/5/19	Rest Day	45 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up, 7 x 1km at 10k Pace with 1 Minute Jog Recovery, 15 Minute Cool Down	45 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 2 x 3km at 10k Pace with 3 Minute Jog Recovery, 15 Minute Cool Down	29kms Easy
4 27/5/19 - 2/6/19	Rest Day	40 Minutes Easy	30 Minutes Easy	40 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 10km at HM Pace, 15 Minute Cool Down	30kms Easy

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5 3/6/19 - 9/6/19	Rest Day	45 Minutes Easy with 5 x 30 Seconds Strides	20 Minute Warm Up, Mona Fartlek, 20 Minute Cool Down	45 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	50 Minutes Easy	20 Minute Warm Up 4 x 4km @ Mara Pace with 1km Float Recovery 20 Minute Cool Down
6 10/6/19 - 16/6/19	Rest Day	45 Minutes Easy with 5 x 30 Seconds Strides	12 Minute Warm Up, 8km at Mara Pace into 4km at HM Pace, 12 Minute Cool Down	45 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 8 x 400m with 200m Float Recovery, 15 Minute Cool Down	32kms Easy
7 17/6/19 - 23/6/19	Rest Day	50 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up, 8 x 1km at 10k Pace with 1 Minute Jog Recovery, 15 Minute Cool Down	50 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	30 Minutes Easy	22km Easy into 10km at Mara Pace
8 24/6/19 - 30/6/19	Rest Day	40 Minutes Easy	30 Minutes Easy	45 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 11km at HM Pace, 15 Minute Cool Down	32km Easy

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9 1/7/19 - 7/7/19	Rest Day	50 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up, 2 x 6km at HM Pace with 1km Jog Recovery, 15 Minute Cool Down	50 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	25 Minutes Easy	15 Minute Warm Up 5 x 4km @ Mara Pace with 1km Float Recovery 15 Minute Cool Down
10 8/7/19 - 14/7/19	Rest Day	45 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up, 8km at Mara Pace into 5km at HM Pace, 15 Minute Cool Down	50 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 8 x 400m with 200m Float Recovery, 15 Minute Cool Down	34km Easy
11 15/7/19 - 21/7/19	Rest Day	55 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up, 9 x 1km at 10k Pace with 1 Minute Jog Recovery, 15 Minute Cool Down	60 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	25 Minutes Easy	28km Easy into 7km at Mara Pace
12 22/7/19 - 28/7/19	Rest Day	40 Minutes Easy	35 Minutes Easy	40 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 10km at HM Pace, 15 Minute Cool Down	35km Easy

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13 29/7/19 - 4/8/19	Rest Day	60 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up, 2 x 7km at HM Pace with 1km Jog Recovery, 15 Minute Cool Down	60 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	25 Minutes Easy	15 Minute Warm Up 5 x 4km @ Mara Pace with 1km Float Recovery 15 Minute Cool Down
14 5/8/19 - 11/8/19	Rest Day	45 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up, Mona Fartlek, 15 Minute Cool Down	45 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 10km Time Trial, 15 Minute Cool Down	26km Easy
15 12/8/19 - 18/8/19	Rest Day	40 Minutes Easy with 5 x 30 Seconds Strides	15 Minutes Easy into 25 Minutes at Mara Pace into 10 Minutes Easy	40 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 7x 2 Minutes at 10k Pace with 1 Minute Float Recovery, 15 Minute Cool Down	20km Easy
16 19/8/19 - 25/8/19	Rest Day	25 Minutes Easy	45 Minutes Easy with 6 x 1 Minute Strides	25 Minutes Easy with 4 x 20 Seconds Strides	Rest Day	15 Minutes Easy	Shepparton Running Festival - 42km Run

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