



INTERMEDIATE MARATHON TRAINING 13 WEEK GUIDE

RUN4PRS

PERFECT FOR ATHLETE CURRENTLY RUNNING 20-25 MILES PER WEEK

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|--|
| REST Foam roll, epsom salt bath & stretch | 4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE | 5 MI TEMPO 1 MI EASY WARM UP 3 X 1 MI @ TEMPO PACE WITH 2 MIN EASY JOG BETWEEN COOL DOWN EASY PACE | REST Foam roll, epsom salt bath & stretch | 4 MI EASY | <i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD | 11 MI EASY FIND A HILLY ROUTE EASY CONVERSATIONAL PACE PRACTICE FUELING AND HYDRATION |
| REST Foam roll, epsom salt bath & stretch | 5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE | 5 MI TEMPO 1.5 MI EASY WARM UP 3 MILE TEMPO PACE COOL DOWN EASY PACE | REST Foam roll, epsom salt bath & stretch | 5 MI EASY | <i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD | 12 MI EASY FIND A HILLY ROUTE EASY CONVERSATIONAL PACE PRACTICE FUELING AND HYDRATION |
| REST Foam roll, epsom salt bath & stretch | 5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE | 6 MI PROGRESSION START AN EASY PACE & PICK UP THE PACE EVERY MILE FOR 5 MILES ENDING AROUND 10K EFFORT COOL DOWN 1 MILE | REST Foam roll, epsom salt bath & stretch | 5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE | <i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD | 7 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION |
| REST Foam roll, epsom salt bath & stretch | 5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE | 6 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE | REST Foam roll, epsom salt bath & stretch | 6 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE | <i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD | 13 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION |
| REST Foam roll, epsom salt bath & stretch | 5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE | 6 MI STEADY RUN THIS ENTIRE RUN A LITTLE FASTER THAN EASY PACE GETTING CLOSE TO GOAL MARATHON PACE | REST Foam roll, epsom salt bath & stretch | 6 MI EASY | <i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD | 9 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION |
| REST Foam roll, epsom salt bath & stretch | 5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE | 7 MI SPEED 2 MI EASY WARM UP 6 X 2 MIN AT 10K EFFORT WITH 2 MIN EASY JOG BETWEEN COOL DOWN EASY PACE | REST Foam roll, epsom salt bath & stretch | 6 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE | <i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD | 15 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION |
| REST Foam roll, epsom salt bath & stretch | 4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE | 6 MI HILLS 2 MI EASY WARM UP 8 X 30 SEC HILL HARD EFFORT WITH WALK/JOE DOWN COOL DOWN EASY PACE | REST Foam roll, epsom salt bath & stretch | 5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE | <i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD | 9 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION |
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| REST Foam roll, epsom salt bath & stretch | 5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE | 6 MI STEADY RUN THIS ENTIRE RUN A LITTLE FASTER THAN EASY PACE GETTING CLOSE TO GOAL MARATHON PACE | REST Foam roll, epsom salt bath & stretch | 6 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE | <i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD | 10 MI TEMPO 1 MI EASY WARM UP 4 X 1 MI @ TEMPO WITH 2-3 MIN JOG BETWEEN COOL DOWN TO 8 |
| REST Foam roll, epsom salt bath & stretch | 5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE | 7 MI HILLS 2 MI EASY WARM UP 8 X 30 SEC HILL HARD EFFORT WITH WALK/JOE DOWN COOL DOWN EASY PACE | REST Foam roll, epsom salt bath & stretch | 5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE | <i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD | 19 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION |
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| REST Foam roll, epsom salt bath & stretch | 5 MI EASY | 6 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE | REST Foam roll, epsom salt bath & stretch | 6 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE | <i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD | 9 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION |
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For pricing and a plan more personalized to you  visit run4prs.com