

# HALF TO FULL MARATHON BRIDGE

DURATION: 12 WEEKS LEVEL: INTERMEDIATE GOAL: 26.2 MILES

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN (LONG RUN)
01	<i>Rest</i>	4m Easy	5m Tempo	4m Easy	<i>Rest</i>	3m Easy	<b>10 Miles</b>
02	<i>Rest</i>	5m Easy	6m Interval	5m Easy	<i>Rest</i>	4m Easy	<b>12 Miles</b>
03	<i>Rest</i>	5m Easy	6m Tempo	5m Easy	<i>Rest</i>	4m Easy	<b>14 Miles</b>
04	<i>Rest</i>	6m Easy	7m Interval	6m Easy	<i>Rest</i>	5m Easy	<b>16 Miles</b>
05	<i>Rest</i>	4m Easy	5m Easy	4m Easy	<i>Rest</i>	3m Easy	<b>10 Miles (Recovery)</b>
06	<i>Rest</i>	6m Easy	8m Tempo	6m Easy	<i>Rest</i>	5m Easy	<b>18 Miles</b>
07	<i>Rest</i>	7m Easy	8m Interval	7m Easy	<i>Rest</i>	5m Easy	<b>20 Miles</b>

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN (LONG RUN)
<b>08</b>	<i>Rest</i>	7m Easy	9m Tempo	7m Easy	<i>Rest</i>	5m Easy	<b>22 Miles</b>
<b>09</b>	<i>Rest</i>	5m Easy	6m Easy	5m Easy	<i>Rest</i>	4m Easy	<b>12 Miles (Recovery)</b>
<b>10</b>	<i>Rest</i>	6m Easy	7m Tempo	5m Easy	<i>Rest</i>	4m Easy	<b>10 Miles (Taper)</b>
<b>11</b>	<i>Rest</i>	4m Easy	5m Easy	3m Easy	<i>Rest</i>	3m Easy	<b>8 Miles (Taper)</b>
<b>12</b>	<i>Rest</i>	3m Easy	4m Easy	2m Easy	<i>Rest</i>	Rest	<b>26.2 MARATHON</b>