

INTERMEDIATE MARATHON TRAINING

16-Week Performance Program â€¢ Goal: Sub 4:00

01	<i>Rest</i>	5mi Easy	7mi Intervals	5mi Easy	<i>Rest</i>	4mi Recovery	10mi Long
02	<i>Rest</i>	5mi Easy	8mi Tempo	5mi Easy	<i>Rest</i>	5mi Recovery	12mi Long
03	<i>Rest</i>	6mi Easy	8mi Intervals	6mi Easy	<i>Rest</i>	5mi Recovery	14mi Long
04	<i>Rest</i>	4mi Easy	5mi Tempo	4mi Easy	<i>Rest</i>	3mi Recovery	8mi Recovery
05	<i>Rest</i>	6mi Easy	9mi Intervals	6mi Easy	<i>Rest</i>	6mi Recovery	16mi Long
06	<i>Rest</i>	7mi Easy	10mi Tempo	7mi Easy	<i>Rest</i>	6mi Recovery	18mi Long
07	<i>Rest</i>	7mi Easy	10mi Intervals	7mi Easy	<i>Rest</i>	6mi Recovery	20mi Long

08	<i>Rest</i>	5mi Easy	6mi Tempo	5mi Easy	<i>Rest</i>	4mi Recovery	10mi Recovery
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... Training intensity increases through Week 14 ...

15	<i>Rest</i>	4mi Easy	5mi Tempo	3mi Easy	<i>Rest</i>	3mi Recovery	8mi Taper
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16	<i>Rest</i>	3mi Easy	4mi Easy	2mi Shakeout	<i>Rest</i>	Rest	26.2 MARATHON
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Easy: Conversational pace (+90-120s over goal)

Tempo: Goal marathon pace or slightly faster

Intervals: 800m repeats at 5k/10k pace