



Intermediate Level

For experienced fitness runners who have run 25-30 miles/week over at least one month leading up to marathon training

Week	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	7/26 – 8/1	Rest	4mi (6.44km) Pre-Run: Nothing Post-Run: Myrtl	6mi (9.66km) Pre-Run: Nothing Post-Run: Back Routine	Cross Train for 30 minutes (swimming or pool running)	4mi (6.44km) Pre-Run: Nothing Post-Run: Myrtl	8mi (12.87km) Pre-Run: Nothing Post-Run: Back Routine	3mi (4.83km)
2	8/2 – 8/8	Rest	5mi (8.05km) Pre-Run: Nothing Post-Run: Myrtl	6mi (9.66km) Pre-Run: Nothing Post-Run: Back Routine	Cross Train for 30 minutes (swimming or pool running)	4mi (6.44km) Pre-Run: Nothing Post-Run: Myrtl	8mi (12.87km) Pre-Run: Nothing Post-Run: Back Routine	4mi (6.44km)
3	8/9 – 8/15	Rest	5mi (8.05km) Pre-Run: Myrtl Post-Run: Pedestal and Back	8mi (12.87km) Pre-Run: Lunge Workout: 2 on 1 off for 4mi, 2mi warm-up and 2mi cool down Post-Run: Pedestal, Back and Myrtl	Cross Train for 30 minutes (swimming or pool running)	4mi (6.44km) Pre-Run: Myrtl Post-Run: Pedestal and Back	8mi (12.87km) Pre-Run: Myrtl Workout: Long Run on hilly course Post-Run: Pedestal, Back and Myrtl	4mi (6.44km)
4	8/16 – 8/22	Rest	5mi (8.05km) Pre-Run: Myrtl Post-Run: Pedestal and Back, 4x100m strides if you feel well	8mi (12.87km) Pre-Run: Lunge Workout: 3 on 1 off for 5mi, 2mi warm-up and 1mi cool down Post-Run: Pedestal, Back and Myrtl	4mi (6.44km)	5mi (8.05km)mi Pre-Run: Myrtl Post-Run: Back, 4x100m strides if you feel well	8mi (12.87km) Pre-Run: Myrtl Workout: Long Run on hilly course PostRun: Pedestal, Back and Myrtl	4mi (6.44km)
5	8/23 – 8/29	Rest	5mi (8.05km) Pre-Run: Myrtl Post-Run: Pedestal and Back	8mi (12.87km) Pre-Run: Lunge Workout: 3 on 1 off for 5mi, 2mi warm-up and 1mi cool down Post-Run: Pedestal, Back and Myrtl	4mi (6.44km)	5mi (8.05km) Pre-Run: Myrtl Post-Run: Back, 4x100m strides if you feel well	10mi (16.09km) Pre-Run: Myrtl Workout: Long Run on hilly course Post-Run: Pedestal, Back and Myrtl	4mi (6.44km)



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6	8/30 – 9/5	Rest	5mi (8.05km) Pre-Run: Myrtle Post-Run: Pedestal and Back	10mi (16.09km) Pre-Run: Lunge / Workout: 8x800m with 400m rest on same intervals, 2mi warm-up and 1mi cool-down Post-Run: Pedestal, Back and Myrtle	5mi (8.05km)	5mi (8.05km) Pre-Run: Myrtle Post-Run: Back, 4x100m strides if you feel well	12mi (19.31km) Pre-Run: Lunge Workout: Long Run on hilly course Post-Run: Pedestal, Back and Myrtle	4mi (6.44km)
7	9/6 – 9/12	Rest	5mi (8.05km) Pre-Run: Lunge Post-Run: Pedestal and Back	10mi (16.09km) Pre-Run: Lunge Workout: 6mi timed run, 4mi controlled, one mile faster, one mile as fast as possible. 2mi warm-up and 2mi cool-down Post-Run: Pedestal, Back and Myrtle	5mi (8.05km)	5mi (8.05km) Pre-Run: Myrtle Post-Run: Back, 4x100m strides if you feel well	14mi (22.53km) Pre-Run: Lunge Workout: Long run on hilly course Post-Run: Pedestal, Back and Myrtle	5mi (8.05km)
8	9/13 – 9/19	Rest	5mi (8.05km) Pre-Run: Lunge Post-Run: Pedestal and Back	10mi (16.09km) Pre-Run: Lunge Workout: 3x2mi descending with 3 min recovery. Run 2mi at controlled, 2mi warm-up and 2mi cool-down Post-Run: Pedestal, Back and Myrtle	Cross Train for 30 minutes (swimming or pool running)	5mi (8.05km) Pre-Run: Myrtle Post-Run: Back, 4x100m strides if you feel well	16mi (25.75km) Pre-Run: Lunge Workout: Long run on hilly course Post-Run: Pedestal, Back and Myrtle	5mi (8.05km)
9	9/20 – 9/26	Rest	5mi (8.05km) Pre-Run: Lunge Post-Run: Pedestal and Back	12mi (19.31km) Pre-Run: Lunge Workout: 10x800m with 400m rest on same intervals, 2mi warm-up and 1mi cool-down Post-Run: Pedestal, Back and Myrtle	6mi (9.66km)	5mi (8.05km) Pre-Run: Myrtle Post-Run: Back, 4x100m strides if you feel well	16mi (25.75km) Pre-Run: Lunge Workout: Long run on hilly course Post-Run: Pedestal, Back and Myrtle	5mi (8.05km)



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10	9/27 – 10/3	Rest	5mi (8.05km) Pre-Run: Lunge Post-Run: Pedestal and Back	12mi (19.31km) Pre-Run: Lunge / Workout: 8mi timed run, 6mi controlled, one mile faster, one mile as fast as possible. 2mi warm-up and 2mi cool-down Post-Run: Pedestal, Back and Myrtl	6mi (9.66km)	5mi (8.05km) Pre-Run: Myrtl Post-Run: Back, 4x100m strides if you feel well	18mi (28.97km) Pre-Run: Lunge Workout: Long run on hilly course Post-Run: Pedestal, Back and Myrtl	5mi (8.05km)
11	10/4 – 10/10	Rest	5mi (8.05km) Pre-Run: Lunge Post-Run: Pedestal and Back	12mi (19.31km) Pre-Run: Lunge Workout: 4x2mi descending with 3 min recovery. Run 2mi at controlled, 2mi warm-up and 2mi cool-down Post-Run: Pedestal, Back and Myrtl	Cross Train for 30 minutes (swimming or pool running)	5mi (8.05km) Pre-Run: Myrtl Post-Run: Back, 4x100m strides if you feel well	20mi (32.19km) Pre-Run: Lunge Workout: Long run on hilly course Post-Run: Pedestal, Back and Myrtl	5mi (8.05km)
12	10/11 – 10/17	Rest	5mi (8.05km) Pre-Run: Lunge Post-Run: Pedestal and Back	12mi (19.31km) Pre-Run: Lunge Workout: 8mi timed run, 6mi controlled, one mile faster, one mile fast as possible. 2mi warm-up and 2mi cool-down Post-Run: Pedestal, Back and Myrtl	6mi (9.66km)	5mi (8.05km) Pre-Run: Myrtl Post-Run: Back, 4x100m strides if you feel well	20mi (32.19km) Pre-Run: Lunge Workout: Long run on hilly course Post-Run: Pedestal, Back and Myrtl	5mi (8.05km)
13	10/18 – 10/24	Rest	5mi (8.05km) Pre-Run: Lunge Post-Run: Pedestal and Back	12mi (19.31km) Pre-Run: Lunge Workout: 10x800m with 400m rest on same intervals, 2mi warm-up and 1mi cool-down Post-Run: Pedestal, Back and Myrtl	6mi (9.66km)	5mi (8.05km) Pre-Run: Myrtl Post-Run: Back, 4x100m strides if you feel well	16mi (25.75km) Pre-Run: Lunge Workout: Long run on hilly course Post-Run: Pedestal, Back and Myrtl	4mi (6.44km)



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Week	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14	10/25 – 10/31	Rest	5mi (8.05km) Pre-Run: Lunge Post-Run: Pedestal and Back	10mi (16.09km) Pre-Run: Lunge Workout: 3x2mi descending with 3 min recovery. Run 2mi at controlled, 2mi warm-up and 2mi cool-down Post-Run: Pedestal and Myrtl	5mi (8.05km)	5mi (8.05km) Pre-Run: Myrtl Post-Run: Back, 4x100m strides if you feel well	12mi (19.31km) Pre-Run: Lunge Workout: Run 12mi on a flat course, not a hilly course Post-Run: Pedestal, Back and Myrtl	Rest
15	11/1 – 11/7	Rest	4mi (6.44km) Pre-Run: Nothing Post-Run: Back Routine	8mi (12.87km) Pre-Run: Lunge Workout: 2 on 1 off for 4mi, 2mi warm-up and 2mi cool down Post-Run: Pedestal, Back and Myrtl	Rest	4mi (6.44km) Pre-Run: Nothing Post-Run: Back Routine	4mi (6.44km) Pre-Race	26.2mi (42.18km) Race day!

Cool-Down

A period of easy running at the end of a workout. The pace should be conversational, comfortable, and easily maintained.

Easy Effort

Recovery pace, a pace that should allow for easy conversation and low perceived effort.

Fartlek

A Swedish term meaning, literally, “speed play.” Fartlek workouts involve short bursts of speed alternating with recovery periods. The intervals are informal in nature, making this workout type suitable for non-track-based speedwork. (For instance, a fartlek workout could include details like “run hard from the blue car to the railroad tracks,” “recover for one city block,” etc., using whatever landmarks are handy.)

GS

General Strength. Workouts designed to strengthen running-specific muscles in order to build endurance and prevent injury. See Coach Jay’s General Strength videos for specific examples, including Myrtl, Back, Pedestal, Medicine Ball, and Lunge routines.

Intervals

Workouts, usually but not always track-based, emphasizing measured speedwork alternating with short periods of recovery.

Pickups

Bursts of speed within a workout. Pickups involve gradual acceleration to a fast pace, a short distance at the faster pace, and then a short recovery at a more relaxed pace. Similar to fartleks, pickups can be done off the track as part of a longer workout.

Progression Run

A workout that starts at an easy pace and gradually accelerates to a faster target pace, often race pace.

Recovery Pace

A conversational pace that can be easily maintained over distance.

Strides

A type of speedwork emphasizing form and speed. Strides involve an exaggerated stride length and attention to form, and are often used to warm up for an interval workout. They can also be embedded in a longer workout.

Tempo/Threshold

A workout faster than a general training run, at a moderately difficult pace that can be maintained for only a few miles. Test effort: Similar to a time trial. A timed run on a measured course at a hard-effort pace. A test effort is designed to evaluate your fitness at key points in your training cycle; it can be considered a “practice race.”

Warm-Up

A period of easy running at the beginning of a workout. The pace should be conversational, comfortable, and easily maintained.