

Hal Higdon Intermediate Marathon Training

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	22-Jun	cross train	3m run	5m run	3m run	Rest	5m pace	8 m
2	29-Jun	cross train	3m run	5m run	3m run	Rest	5m run	9 m
3	6-Jul	cross train	3m run	5m run	3m run	Rest	5m pace	6 m
4	13-Jul	cross train	3m run	6m run	3m run	Rest	6m pace	11 m
5	20-Jul	cross train	3m run	6m run	3m run	Rest	6m run	12 m
6	27-Jul	cross train	3m run	5m run	3m run	Rest	6m pace	9 m
7	3-Aug	cross train	4m run	7m run	4m run	Rest	7m pace	14 m
8	10-Aug	cross train	4m run	7m run	4m run	Rest	7m run	15 m
9	17-Aug	cross train	4m run	5m run	4m run	Rest	7m pace	11 m
10	24-Aug	cross train	4m run	8m run	4m run	Rest	8m pace	17 m
11	31-Aug	cross train	5m run	8m run	5m run	Rest	8m run	18 m
12	7-Sep	cross train	5m run	5m run	5m run	Rest	8m pace	13 m
13	14-Sep	cross train	5m run	8m run	5m run	Rest	5m pace	20 m
14	21-Sep	cross train	5m run	5m run	5m run	Rest	8m run	12 m
15	28-Sep	cross train	5m run	8m run	5m run	Rest	5m pace	20 m
16	5-Oct	cross train	5m run	6m run	5m run	Rest	4m pace	12 m
17	12-Oct	cross train	4m run	5m run	4m run	Rest	3m run	8 m
18	19-Oct	cross train	3m run	4m run	Rest	Rest	2m run	MCM

For more details visit www.halhigdon.com ("Intermediate I" marathon schedule)

<http://www.halhigdon.com/marathon/Mar00intermediate.htm>

It is wise to consult your doctor before starting a new exercise program.