

Jeff Galloway Intermediate Marathon Training

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	20-Apr	off	30 min run	off	30 min run	easy walk	off	7.5mile
2	27-Apr	off	30 min run	off	30 min run	easy walk	off	9mile
3	4-May	off	35 min run	off	35 min run	easy walk	off	5mile
4	11-May	off	35 min run	off	35 min run	easy walk	off	11mile
5	18-May	off	40 min run	off	40 min run	easy walk	off	5mile
6	25-May	off	40 min run	off	40 min run	easy walk	off	13mile
7	1-Jun	off	40 min run	off	40 min run	easy walk	off	5mile
8	8-Jun	off	40 min run	off	40 min run	easy walk	off	15mile
9	15-Jun	off	40 min run	off	40 min run	easy walk	off	4x1mile
10	22-Jun	off	40 min run	off	40 min run	easy walk	off	17mile
11	29-Jun	off	40 min run	off	40 min run	easy walk	off	6x1mile
12	6-Jul	off	40 min run	off	40 min run	easy walk	off	6mile/MM
13	13-Jul	off	40 min run	off	40 min run	easy walk	off	20mile
14	20-Jul	off	45 min run	off	45 min run	easy walk	off	8x1mile
15	27-Jul	off	45 min run	off	45 min run	easy walk	off	7mile/MM
16	3-Aug	off	45 min run	off	45 min run	easy walk	off	23mile
17	10-Aug	off	45 min run	off	45 min run	easy walk	off	10x1mile
18	17-Aug	off	45 min run	off	45 min run	easy walk	off	6mile/MM
19	24-Aug	off	45 min run	off	45 min run	easy walk	off	26mile
20	31-Aug	off	45 min run	off	45 min run	easy walk	off	6mile
21	7-Sep	off	45 min run	off	45 min run	easy walk	off	12x1mile
22	14-Sep	off	45 min run	off	45 min run	easy walk	off	6mile/MM
23	21-Sep	off	45 min run	off	45 min run	easy walk	off	29mile
24	28-Sep	off	45 min run	off	45 min run	easy walk	off	6mile
25	5-Oct	off	45 min run	off	45 min run	easy walk	off	14x1mile
26	12-Oct	off	45 min run	off	45 min run	easy walk	off	7mile
27	19-Oct	off	30 min run	off	30 min run	off	off	MCM
28	26-Oct	off	30 min run	off	30 min run	easy walk	off	4mile
29	2-Nov	off	30 min run	off	30 min run	easy walk	off	6mile

For more details visit www.jeffgalloway.com ("Time Goal" marathon schedule)

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