

# Marathon -- Intermediate Training Guide



If MO' Cowbell is one of your first marathons...  
then this plan is for you!

Keep in mind everyone's life outside of running is different, so if Wednesday is not a good day for you then make it Thursday and take your day-off on Wednesday. If Sunday is not a good day for a long run do it Saturday. You get the idea!

The important thing is getting all of the week's mileage completed,  
not necessarily doing it on the exact day it's assigned.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre-Training							6-8 miles long run
Week One	6-8 miles	Cross Train or 3-4 miles	4 miles 8x 30 sec. pickups w/ 2 min. recovery	Cross Train or Rest	6-8 miles	Rest	8-10 miles long run
Week Two	6-8 miles	Cross Train or 3-4 miles	4 miles 8x 30 sec. uphill w/ 2 min. recovery	Cross Train or Rest	6-8 miles	Rest	8-10 miles long run
Week Three	6-8 miles	Cross Train or 3-4 miles	5 miles 6x 45 sec. pickups w/ 2 min. recovery	Cross Train or Rest	6-8 miles	Rest	10-12 miles long run
Week Four	6-8 miles	Cross Train or 3-4 miles	5 miles 8x 1 min. uphill w/ 2 min. recovery	Cross Train or Rest	6-8 miles	Rest	10-12 miles long run

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Five	6-8 miles	Cross Train or 3-4 miles	6 miles <small>8x 90 sec. pickups w/ 2 min. recovery</small>	Cross Train or Rest	6-8 miles	Rest	8 miles <small>@ goal pace</small>
Week Six	6-8 miles	Cross Train or 3 miles	5 miles	Cross Train or Rest	6-8 miles	Rest	12-14 miles <small>long run</small>
Week Seven	6-8 miles	Cross Train or 3 miles	6x 1 mile	Cross Train or Rest	6-8 miles	Rest	14-16 miles <small>long run</small>
Week Eight	6-8 miles	Cross Train or 3 miles	3x 1 mile	Cross Train or Rest	6-8 miles	Rest	16-18 miles <small>long run</small>
Week Nine	6-8 miles	Cross Train or 3 miles	3x 2 miles <small>@ goal pace w/ w/ 3 min. recovery</small>	Cross Train or Rest	6-8 miles	Rest	10 miles <small>@ goal pace</small>
Week Ten	6-8 miles	Cross Train or 3 miles	20 min <small>@ easy pace</small> 30 min <small>@ goal pace</small> 10 min <small>@ faster pace</small>	Cross Train or Rest	6-8 miles	Rest	18-20 miles <small>or 3 1/2 hrs which- ever comes first</small>
Week Eleven	Rest	Cross Train or 3 miles	5 miles <small>@ goal pace</small> 1 mile <small>@ faster pace</small>	Cross Train or Rest	3-4 miles	Rest	10 miles <small>long run</small>
Week Twelve	Rest	Cross Train or 3 miles	3x 1 mile <small>@ goal pace w/ w/ 3 min. recovery</small>	Cross Train or Rest	20 min <small>jog</small>	15 min <small>jog</small>	MO' Cowbell

## Workout Descriptions

- Each highlighted day should include at least a 10 minute warm-up run and a cool-down run
- Everyday (unless labeled otherwise) is considered an easy run or 60-75% effort level
- Long Runs help build your overall endurance and cardiovascular system and should be at a 60-70% effort level
- Marathon Goal Pace Runs should help you lock in your race pace and help you get a feel for the needed effort level of 85-92%
- Pickups are designed to get you running much faster than race pace
- Up Hills are designed to get you used to running up hills at a faster than race pace
- Cross Training is any non-running activity that gets your heart rate above 60% of max for at least 30 minutes  
Non-weight bearing activities are best. *ie: elliptical, stationary bike, rowing machine, spinning bike, etc.*