



## Here is your INTERMEDIATE training schedule for a MARATHON.

### GOAL TIME:

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week Starting Sunday MAY 18, 2008	goal: 4.0 mi -	Rest	goal: 5.0 mi -	Rest	goal: 3.0 mi -	goal: 8.0 mi -	Rest
Week Starting Sunday MAY 25, 2008	goal: 5.0 mi -	Rest	goal: 5.0 mi -	Rest	goal: 3.0 mi -	goal: 10.0 mi -	Rest
Week Starting Sunday JUN 1, 2008	goal: 5.0 mi -	Rest	goal: 6.0 mi -	Rest	goal: 3.0 mi -	goal: 10.0 mi -	Rest
Week Starting Sunday JUN 8, 2008	goal: 5.0 mi -	Rest	goal: 5.0 mi with 5x2min pickups at RPE 4-7	Rest	goal: 2.0 mi -	goal: 12.0 mi -	Rest
Week Starting Sunday JUN 15, 2008	goal: 6.0 mi -	goal: 2.0 mi -	goal: 6.0 mi with 5x2min pickups at RPE 4-7	Rest	goal: 3.0 mi -	goal: 10.0 mi 3.21km warm-up, 10K Test Effort at RPE 5-8, 3.21km cool down)	Rest
Week Starting Sunday JUN 22, 2008	goal: 3.0 mi -	goal: 6.0 mi with 4x3min pickups at RPE 4-7	goal: 3.0 mi -	Rest	goal: 5.0 mi -	goal: 14.0 mi -	Rest
Week Starting Sunday JUN 29, 2008	goal: 6.0 mi	goal: 3.0 mi	goal: 5.0 mi	Rest	goal: 3.0 mi	goal: 12.0 mi	Rest

	-	-	with 5x3min pickups at RPE 4-7	-	with 4x3min pickups at RPE 4-7		
Week Starting Sunday JUL 6, 2008	goal: 3.0 mi	goal: 6.0 mi	goal: 4.0 mi	Rest	goal: 2.0 mi	goal: 10.0 mi	Rest
	-	with 4x4 pickups at RPE 4-7	-	-	-	3.21km warm-up, 10K Test Effort at RPE 5-8, 3.21km cool down)	
Week Starting Sunday JUL 13, 2008	goal: 6.0 mi	goal: 3.0 mi	goal: 5.0 mi	Rest	goal: 4.0 mi	goal: 14.0 mi	Rest
	-	-	with 4x5min pickups at RPE 4-7	-	-	-	
Week Starting Sunday JUL 20, 2008	goal: 7.0 mi	goal: 3.0 mi	goal: 7.0 mi	Rest	goal: 4.0 mi	goal: 12.0 mi	Rest
	-	-	-	-	-	-	
Week Starting Sunday JUL 27, 2008	goal: 4.0 mi	goal: 7.0 mi	goal: 4.0 mi	Rest	goal: 6.0 mi	goal: 16.0 mi	Rest
	-	with 4x800m at RPE 4-7	-	-	-	-	
Week Starting Sunday AUG 3, 2008	goal: 3.0 mi	goal: 5.0 mi	goal: 3.0 mi	Rest	goal: 3.0 mi	goal: 10.0 mi	Rest
	-	with 3x1200m at RPE 4-7	-	-	-	3.21 miles warm-up, 10K Test Effort at RPE 5-8, 3.21 cool down)	
Week Starting Sunday AUG 10, 2008	goal: 7.0 mi	goal: 4.0 mi	goal: 4.0 mi	Rest	goal: 5.0 mi	goal: 18.0 mi	Rest
	-	-	with 4.82 tempo at RPE 3-6	-	-	-	
Week Starting Sunday AUG 17, 2008	goal: 3.0 mi	goal: 7.0 mi	goal: 4.0 mi	Rest	goal: 6.0 mi	goal: 14.0 mi	Rest
	-	with 3x1km at RPE 4-7	-	-	-	-	

Week Starting Sunday AUG 24, 2008	goal: 6.0 mi  -	goal: 4.0 mi  -	goal: 7.0 mi  with 8.04 tempo at RPE 3-6	Rest	goal: 5.0 mi  -	goal: 18.0 mi  -	Rest
Week Starting Sunday AUG 31, 2008	goal: 7.0 mi  with 4.8km tempo at RPE 4-7	goal: 3.0 mi  -	goal: 6.0 mi  -	Rest	goal: 5.0 mi  -	goal: 16.0 mi  -	Rest
Week Starting Sunday SEP 7, 2008	goal: 7.0 mi  -	goal: 3.0 mi  -	goal: 10.0 mi  with 6.4km tempo at RPE 3-6	Rest	goal: 5.0 mi  -	goal: 20.0 mi  -	Rest
Week Starting Sunday SEP 14, 2008	goal: 3.0 mi  -	goal: 7.0 mi  with 3x1km at RPE 4-7	goal: 4.0 mi  -	Rest	goal: 7.0 mi  -	goal: 16.0 mi  -	Rest
Week Starting Sunday SEP 21, 2008	goal: 4.0 mi  -	goal: 7.0 mi  with 3x1km at RPE 4-7	goal: 4.0 mi  -	Rest	goal: 7.0 mi  -	goal: 21.0 mi  -	Rest
Week Starting Sunday SEP 28, 2008	goal: 4.0 mi  -	goal: 5.0 mi  with 2x1km at RPE 4-7	goal: 3.0 mi  -	Rest	goal: 2.0 mi  -	goal: 10.0 mi  3.21km warm-up, 10K Test Effort at RPE 5-8, 3.21km cool down)	Rest
Week Starting Sunday OCT 5, 2008	goal: 4.0 mi  -	goal: 7.0 mi  with 8.04km tempo at RPE 4-7	goal: 4.0 mi  -	Rest	goal: 10.0 mi  -	goal: 22.0 mi  -	Rest
Week Starting Sunday OCT 12, 2008	goal: 4.0 mi  -	goal: 7.0 mi  with 6x200m at RPE 4-7	goal: 4.0 mi  -	Rest	goal: 7.0 mi  -	goal: 14.0 mi  -	Rest

---

Week Starting Sunday OCT 19, 2008	goal: 4.0 mi  -	goal: 6.0 mi  with 4x1km at RPE 4-7	goal: 3.0 mi  -	Rest	goal: 2.0 mi  -	goal: 10.0 mi  -	Rest
---	--------------------------	---	--------------------------	------	--------------------------	---------------------------	------

---

Week Starting Sunday OCT 26, 2008	Rest	goal: 5.0 mi  with 3x1km at RPE 4-7	goal: 2.0 mi  -	goal: 4.0 mi  -	Rest	goal: 1.0 mi  -	goal: 26.0 mi  MARATHON
---	------	---	--------------------------	--------------------------	------	--------------------------	----------------------------------

---

