



Toolen's Running Start

18 Week Marathon Training Schedule

Intermediate Level

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
May 24	easy 3	speed 2-400s	easy 3	tempo 4	easy 3	pace 4	long 10
May 31	easy/off 0-3	speed 4-400s	easy 3	tempo 5	easy 3	pace 5	long 11
June 7	easy/off 0-3	speed 2-800s	easy 3	tempo 4	rest 0	pace 6	long 8
June 14	easy/off 0-3	speed 2-800s	easy 3	tempo 5	easy 3	pace 5	long 13
Jun 21	easy/off 3	speed 3-800s	easy 3	tempo 6	rest 0	pace 6	long 14
Jun 28	easy/off 0-3	speed 3-800s	easy 3	tempo 5	easy 3	rest 0	race 10-15K
July 5	easy/off 0-3	speed 4-800s	easy 3	tempo 6	rest 0	pace 5	long 15
July 12	easy/off 0-4	speed 4-800s	easy 4	tempo 5	easy 3	pace 5	long 16
July 19	easy/off 0-4	speed 5-800s	easy 4	tempo 5	rest 0	easy 6	long 12
July 26	easy/off 0-4	speed 5-800s	easy 4	tempo 7	rest 0	pace 7	long 18
Aug 2	easy/off 0-4	speed 6-800s	easy 4	tempo 8	rest 0	pace 8	long 20
Aug 9	easy/off 0-5	speed 6-800s	easy 4	tempo 6	easy 5	rest 0	race 20-25K
Aug 16	easy/off 0-5	speed 7-800s	easy 4	tempo 8	rest 0	pace 10	long 20
Aug 23	easy/off 0-5	speed 7-800s	easy 5	tempo 6	easy 5	easy 6	long 12
Aug 30	easy/off 0-5	speed 8-800s	easy 5	tempo 9	rest 0	pace 9	long 20
Sep 6	easy/off 0-5	speed 9-800s	easy 5	tempo 8	rest 0	easy 4-5	race 12
Sep 13	easy/off 0-4	speed 8-400s	easy 4	tempo 8	easy 3	easy 5	long 8
Sep 20	easy/off 0-3	speed 4-400s	easy 0-3	rest 0	rest 1-3	<u>Marathon</u>	