Intermediate
marathon programme

This programme is for you if you consider yourself to be a mor[e] developed runner. You may have already completed marathon[s] before, or possibly a half marathon race

One mile is equivalent to 1.6 km. For this training programme, where dis[tances] are specified, we've rounded them to the nearest whole number for sim[plicity].

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	30 mins easy	Rest	40 mins tempo running	Rest	60 mins cross train, cycle or swim	Long run: 6 miles (10km)
Week 2	Rest	30 mins easy	5 miles easy	40 mins tempo running	Rest	60 mins cross train, cycle or swim	Long run: 8 miles (13km)
Week 3	Rest	40 mins steady	5 miles easy	40 mins tempo running	Rest	60 mins cross train, cycle or swim	Long run: 9 miles (14km)
Week 4	Rest	40 mins interval running	6 miles easy	40 mins steady	Rest	60 mins cross train, cycle or swim	Long run: 10 miles (16km)
Week 5	Rest	40 mins steady	6 miles easy	40 mins tempo running	Rest	60 mins cross train, cycle or swim	Long run: 12 miles (19km)
Week 6	Rest	30 mins interval running	5 miles easy	50 mins steady	Rest	60 mins cross train, cycle or swim	Long run: 13 miles (21km)
Week 7	Rest	50 mins steady	7 miles easy	40 mins tempo running	Rest	60 mins cross train, cycle or swim	Long run: 14 miles (23km)
Week 8	Rest	40 mins interval running	6 miles easy	60 mins steady	Rest	60 mins cross train, cycle or swim	Long run: 15 miles (24km)
Week 9	Rest	30 mins steady	8 miles easy	40 mins tempo running	Rest	60 mins cross train, cycle or swim	Long run: 6 miles (10km)
Week 10	Rest	40 mins steady	7 miles easy	40 mins interval running session	Rest	60 mins cross train, cycle or swim	Long run: 18 miles (29km)
Week 11	Rest	30 mins easy	6 miles easy	40 mins tempo running	Rest	60 mins cross train, cycle or swim	Long run: 15 miles (24km)
Week 12	Rest	30 mins easy	5 miles easy	50 mins steady	Rest	60 mins cross train, cycle or swim	Long run: 13 miles (21km)
Week 13	Rest	60 mins easy	6 miles easy	40 mins tempo running	Rest	60 mins cross train, cycle or swim	Long run: 20-22 miles (32-35km)
Week 14	Rest	Rest	7 miles easy	40 mins interval running	Rest	60 mins cross train, cycle or swim	Long run: 12 miles (19km)
Week 15	Rest	40 mins easy	Rest	40 mins tempo running	Rest	60 mins cross train, cycle or swim	Easy run: 10 miles (16km)
Week 16	Rest	30 mins easy	Rest	30 mins easy run	Rest	Rest	RACE