

2012 AFM Run/Walk Intermediate Marathon Training

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

Note: 1 mile repeat/interval training days are indicated by 4x1mile, 6x1mile, 8x1mile, 10x1mile, 12x1mile, and 14x1mile. Repeat the 1 mile interval (4 laps around a standard 400meter track) 4, 6, 8, 10, 12, or 14 times on designated dates above. Your pace for each mile should be your chosen race pace for the marathon or slightly faster (subtract 30-60sec). Your recovery in between each mile should be 1 easy paced lap (400meters or 1/2 mile)

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

