

2012 MCM Intermediate Marathon- Hal Higdon Training Plan

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	25-Jun	cross train	3m run	5m run	3m run	Rest	5m pace	8 m
2	2-Jul	cross train	3m run	5m run	3m run	Rest	5m run	9 m
3	9-Jul	cross train	3m run	5m run	3m run	Rest	5m pace	6 m
4	16-Jul	cross train	3m run	6m run	3m run	Rest	6m pace	11 m
5	23-Jul	cross train	3m run	6m run	3m run	Rest	6m run	12 m
6	30-Jul	cross train	3m run	5m run	3m run	Rest	6m pace	9 m
7	6-Aug	cross train	4m run	7m run	4m run	Rest	7m pace	14 m
8	13-Aug	cross train	4m run	7m run	4m run	Rest	7m run	15 m
9	20-Aug	cross train	4m run	5m run	4m run	Rest	7m pace	11 m
10	27-Aug	cross train	4m run	8m run	4m run	Rest	8m pace	17 m
11	3-Sep	cross train	5m run	8m run	5m run	Rest	8m run	18 m
12	10-Sep	cross train	5m run	5m run	5m run	Rest	8m pace	13 m
13	17-Sep	cross train	5m run	8m run	5m run	Rest	5m pace	20 m
14	24-Sep	cross train	5m run	5m run	5m run	Rest	8m run	12 m
15	1-Oct	cross train	5m run	8m run	5m run	Rest	5m pace	20 m
16	8-Oct	cross train	5m run	6m run	5m run	Rest	4m pace	12 m
17	15-Oct	cross train	4m run	5m run	4m run	Rest	3m run	8 m
18	22-Oct	cross train	3m run	4m run	Rest	Rest	2m run	MCM

For more details visit www.halhigdon.com ("Intermediate I" marathon schedule)

<http://halhigdon.com/training/51139/Marathon-Intermediate-1-Training-Program>

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