

2012 MCM Run/Walk Intermediate Marathon Training

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

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.

