

Kurtis Sports Management

Marathon Intermediate Training Program

By Doug Kurtis

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	TOTAL
1	8	4	5 pace	5	3	Rest	4	29
2	8	3	5 pace	5	3	Rest	4	28
3	9	3	5 track	5	3	Rest	3	28
4	7	3	5 pace	5	3	Rest	3	26
5	6 + 6	3	6 track	6	3	Rest	4	34
6	12	3	6 pace	6	3	Rest	4	34
7	6 + 7	3	6 pace	6	4	Rest	3	35
8	5-8km Race	3	5	5	4	Rest	3	25
9	13	3	6 track	7	4	Rest	5	38
10	7 + 7	4	6 track	7	4	Rest	3	38
11	14	4	6 pace	6	4	Rest	3	37
12	8-10km Race	4	6	7	4	Rest	3	30
13	15	5	6 track	8	5	Rest	4	43
14	7 + 7	5	6 track	8	5	Rest	4	42
15	18	5	7 pace	7	5	Rest	4	46
16	8-15km Race	5	6	6	5	Rest	3	34
17	8 + 8	5	7 track	6	5	Rest	4	43
18	20	4	6 pace	5	4	Rest	3	42
19	13	3	7	4	4	Rest	2	33
20	8	2	Rest	2	2	Rest	Rest	14
21	26.2 Mile Race	Rest	2 walk	2 walk	3	Rest	3	36
22	Rest	2	2 walk	2	3	Rest	3	12

Total 727

Pace 2 mile warm up, race pace or slower but hard continuous running
1 mile warm down

7 + 7 Two workouts of seven miles each (same day - minimum 3 hours apart)

Track: All options - 2 mile warm up; 1 mile warm down

- [1] 4 x 800 meter with 200 meter rest in between
- [2] Ladder - 400m / 800m / 1200m with 400 meter rest
- [3] 3 x 1 mile w/ 400 meter rest
- [4] 10 x 400 meter with 200m rest

Find a constant pace at race pace or faster for all of your speed work on the track