

“INTERMEDIATE RUN” Marathon Training Program

The “Intermediate Run” Program is best suited for those who have been running at least 4 times per week for 45-70 minutes regularly for at least one year and have run a marathon in the past year. If you are running less consider the “Run” Program. | By Jenny Hadfield

DAY MODE INTENSITY I-RATE SYSTEM HEART RATE	Monday Run Easy Pace 7 - 7.5 70-75%	Tuesday Cross-Training +ST Moderate 7-8 75-80%	Wednesday Run-Speed Challenging 8-9 80-90%	Thursday Cross-Training +ST Moderate 7-8 75-80%	Friday Run Easy Pace 7 - 7.5 70-75%	Saturday Run-Endurance Conversational Pace 6.5 - 7.5 65-75%	Sunday Rest Day
Week 1	45 Minutes	40-45 minutes	45 minutes Easy Pace	40-45 minutes	40 minutes	5 Miles	Rest
Week 2	45 Minutes	40-45 minutes	45 minutes Easy Pace	40-45 minutes	40 minutes	6 Miles	Rest
Week 3	45 Minutes	40-45 minutes	45 minutes Easy Pace	40-45 minutes	40 minutes	7 Miles	Rest
Week 4	45 Minutes	40-45 minutes	50 minutes Easy Pace Pickups	40-45 minutes	40 minutes	6 Miles	Rest
Week 5	45 Minutes	40-45 minutes	50 minutes Easy Pace Pickups	40-45 minutes	40 minutes	8 Miles	Rest
Week 6	50 Minutes	40-45 minutes	50 minutes Easy Pace Pickups	40-45 minutes	40 minutes	9 Miles	Rest
Week 7	50 Minutes	40-45 minutes	60 minutes Easy Pace Pickups	40-45 minutes	40 minutes	6 Miles	Rest
Week 8	50 Minutes	40-45 minutes	60 minutes Easy Pace Pickups	40-45 minutes	40 minutes	10 Miles	Rest
Week 9	50 Minutes	40-45 minutes	60 minutes Easy Pace Pickups	40-45 minutes	40 minutes	12 Miles	Rest

DAY MODE	Monday Run	Tuesday Cross-Training +ST	Wednesday Run-Speed	Thursday Cross-Training +ST	Friday Run	Saturday Run-Endurance	Sunday Rest Day
INTENSITY I-RATE SYSTEM HEART RATE	Easy Pace 7 - 7.5 70-75%	Moderate 7-8 75-80%	Challenging 8-9 80-90%	Moderate 7-8 75-80%	Easy Pace 7 - 7.5 70-75%	Conversational Pace 6.5 - 7.5 65-75%	
Week 10	45 Minutes	40-45 Minutes	Tempo A	40-45 Minutes	40 Minutes	7 miles [Race Pace Run]	Rest
Week 11	50 minutes Pickups	40-45 Minutes	Tempo A	40-45 Minutes	40 Minutes	16 Miles	Rest
Week 12	45 Minutes	40-45 Minutes	Tempo A	40-45 Minutes	40 Minutes	8 miles [Race Pace Run]	Rest
Week 13	60 minutes Pickups	40-45 Minutes	Tempo B	40-45 Minutes	40 Minutes	18 Miles	Rest
Week 14	45 Minutes	40-45 Minutes	Tempo B	40-45 Minutes	40 Minutes	8 miles [Race Pace Run]	Rest
Week 15	60 minutes Pickups	40-45 Minutes	Tempo B	40-45 Minutes	40 Minutes	20 Miles	Rest
Week 16	45 Minutes	40-45 Minutes	Tempo C	40-45 Minutes	40 Minutes	8 miles [Race Pace Run]	Rest
Week 17	60 minutes Pickups	40-45 Minutes	Tempo C	40-45 Minutes	40 Minutes	20 Miles	Rest
Week 18	45 Minutes	40-45 Minutes	Tempo C	40-45 Minutes	40 Minutes	12 Miles	Rest
Week 19	45 minutes Pickups	40-45 Minutes	Tempo C	40-45 Minutes	30 Minutes	7 Miles	Rest
Week 20	40 Minutes	Rest	30 minutes Pickups	Rest	25 Minutes	Rest	Race Day!

Recovery Week 1	Rest	Cross-Train 20 min	Rest	Cross-Train 30 min	Rest	5 Miles	Rest
Recovery Week 2	40 Minutes	Cross-Train 30 min	40 Minutes	Cross-Train 30 min	Rest	6 Miles	Rest
Recovery Week 3	45 Minutes	Cross-Train 40 min	45 Minutes	Cross-Train 40 min	30 Minutes	7 Miles	Rest
Recovery Week 4	50 Minutes	Cross-Train 40 min	50 Minutes	Cross-Train 40 min	35 Minutes	8 Miles	Rest

Warm-up: walking 5 minutes at an easy pace prior to every run workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: walking 5 minutes at an easy pace after to every run workout to gradually bring heart rate and breathing back to normal levels.

Flexibility: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

Striders: After the walking cool down, perform 4 strides by gradually increasing running pace for 30 seconds until a fast but controlled pace is reached, focusing on form and quick foot strike. Follow with one minute of easy walking. Repeat 4 times.

Heart Rate: Using a heart monitor maintain a range between the prescribed percentages...65-75% of estimated maximum heart rate.

I-Rate: Rate of perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

Cross-Training: Include activities that are non running or walking. Cycling, swimming, pilates/yoga, strength training, elliptical trainer, spinning are great cross training modes for half marathon training. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout.

Conversational Pace: Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7.5. Note: heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.

Easy Pace: Easy to moderate pace at 70-75% of maximum heart rate or an iRate level of 7+. A pace you could go at for along time easily.

Moderate Pace: Moderate pace at 75-80% of maximum heart rate or an iRate level of 7-8. A pace where you can hear your breathing, but not breathing hard.

Endurance Run: The Endurance Run should be at a slow, and comfortable-conversational pace. You should be at a pace to hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7.

Race Pace Run: Run first 2 miles of run at easy, endurance pace and remainder miles at planned half marathon pace (race pace). This is a great way to train mentally for the race and teach your body the pace needed on race day.

Tempo "A" Workout: Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Repeat 4 times: Run 5 minutes comfortably hard or Tempo pace at 80-85% heart rate or 8-8.5 on I-Rate Scale followed by 2 minutes easy paced running to recover. Cool down with 5 minutes easy paced running and 5 minutes walking.

Tempo "B" Workout: Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Repeat 2 times: Run 10 minutes comfortably hard or Tempo pace at 80-85% heart rate or 8-8.5 on I-Rate Scale followed by 2 minutes easy paced running to recover. Cool down with 5 minutes easy paced running and 5 minutes walking.

Tempo "C" Workout: Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Run 25 minutes comfortably hard or Tempo pace at 80-85% heart rate or 8-8.5 on I-Rate Scale. Cool down with 5 minutes easy paced running and 5 minutes walking.

Pick-ups: Run the workout at an easy pace and include 4-6 short, 30-60 second "pick-up's" within the run. Pick up your pace to a challenging pace where you can hear your breathing and it feels just outside your comfort zone.



This training program was developed by Coach Jenny Hadfield, Health's Girls Gotta Move running coach. She has a bachelors degree in exercise physiology, a masters degree in exercise science and is a certified coach and personal trainer. Additional plans, tools and running information are available on her website:

<http://www.jennyhadfield.com>.

