

## Intermediate Marathon Training Guide

### Welcome to Leggit's Marathon Training Programme for Intermediate runners.

If you're already familiar with running a marathon distance however are looking to improve your times and stamina, or are finding that the beginners programmes you were using just aren't challenging enough for you; it may be time for you to move into an intermediate training programme.

Leggit's 16 week programme has been designed for intermediate runners looking to give themselves that extra push to improve their times when running a marathon. Following this programme should help you to run a marathon distance in less than four hours.

Now all that's left for you to do... is to get started!!

*The Leggit training guides are written and recommended by qualified personal trainers. If you have any enquiries regarding this, or any other programmes featured on leggit.co.uk, please email us at [training@leggit.co.uk](mailto:training@leggit.co.uk) and mark your email as high importance.*

*This programme was written by Pete Morton of Summit Personal Training, Bristol. REPs Number R0031850  
<http://www.summit-fitness.net/>*

### Intermediate Marathon Training Guide

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	30mins Medium	Rest	30mins Tempo	Cross Train	20mins Hard	Rest	5miles Easy
2	30mins Medium	Rest	30mins Tempo	Cross Train	20mins Hard	Rest	6miles Easy
3	30mins Medium	Rest	30mins Tempo	Cross Train	20mins Hard	Rest	7-8miles Easy

\*A Tempo run = 1<sup>st</sup> Quarter - Easy Pace / 2<sup>nd</sup> Quarter - Medium Pace / 3<sup>rd</sup> Quarter - Medium-Hard Pace / 4<sup>th</sup> Quarter - Hard Pace.

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
4	40mins Medium	Rest	40mins Tempo	Cross Train	30mins Hard	Rest	8-9miles Easy
5	30mins Medium	Rest	40mins Tempo	Cross Train	30mins Hard	Rest	9-10miles Easy
6	30mins Medium	Rest	40mins Tempo	Cross Train	30mins Hard	Rest	10-12miles Easy

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
7	30mins Medium	Rest	50mins Tempo	Cross Train	40mins Hard	Rest	11-13miles Easy
8	40mins Easy	Rest	50mins Tempo	Cross Train	40mins Hard	Rest	13-15miles Easy
9	45mins Easy	Rest	60mins Medium	Cross Train	45mins Hard	Rest	15-17miles Easy

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
10	45mins Easy	Rest	70mins Easy	Cross Train	45mins Hard	Rest	17miles Easy
11	45mins Easy	Rest	80mins Easy	Cross Train	40mins Hard	Rest	18miles Easy
12	30mins Easy	Rest	90mins Easy	Cross Train	30mins Hard	Rest	18-20miles Easy

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
13	30mins Easy	Rest	60mins Medium	Cross Train	30mins Hard	Rest	14miles Easy
14	40mins Easy	Rest	50min Tempo	Cross Train	Rest	Rest	12miles Easy
15	40mins Easy	Rest	30mins Tempo	Cross Train	Rest	Rest	10miles Easy

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
16	Rest	30mins Medium	Rest	Cross Train	Rest	Rest	<b>RACE!</b>

\*A Tempo run = 1<sup>st</sup> Quarter - Easy Pace / 2<sup>nd</sup> Quarter - Medium Pace / 3<sup>rd</sup> Quarter - Medium-Hard Pace / 4<sup>th</sup> Quarter - Hard Pace.