



Intermediate 26.2 Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Week 1 5/17/2021	Rest	4m tempo run	5 miles	3 miles	cross train	3 miles	8 miles	23
Week 2 5/24/2021	Rest	5m - 8x2min fast/2min slow	5 miles	3 miles hilly	cross train	3 miles	9 miles	25
Week 3 5/31/2021	Rest	4m - 35 min tempo run	5 miles race pace	4 miles	cross train	3.5 miles	10 miles	26.5
Week 4 6/7/2021	Rest	5m - 40 min tempo run	6 miles	4 miles	cross train	3.5 miles	9 miles	27.5
Week 5 6/14/2021	Rest	6m - 45 min tempo run	6 miles	4 miles hilly	cross train	4 miles	12 miles	32
Week 6 6/21/2021	Rest	6m - 8x4 min fast/2min slow	7 miles race pace	4 miles	cross train	4 miles	13 miles	34
Week 7 6/28/2021	Rest	7m - 50minute tempo run	7 miles	5 miles	cross train	4.5 miles	11 miles	34.5
Week 8 7/5/2021	Rest	7m - 9x4 min fast/2min slow	8 miles	5 miles hilly	cross train	4.5 miles	15 miles	39.5
Week 9 7/12/2021	Rest	7m - 10x4 min fast/1min slow	8 miles race pace	5 miles	cross train	5 miles	16 miles	41
Week 10 7/19/2021	Rest	7m - 55 minute tempo run	9 miles	5 miles	cross train	5 miles	12 miles	38
Week 11 7/26/2021	Rest	7m - 2x1 mile 2x800	9 miles	5 miles hilly	cross train	5.5 miles	18 miles	44.5
Week 12 8/2/2021	Rest	8m - 60 minute tempo run	10 miles race pace	6 miles	cross train	5.5 miles	19 miles	48.5
Week 13 8/9/2021	Rest	7m - 3x1 mile 2x800	10 miles	6 miles	cross train	6 miles	12 miles	41
Week 14 8/16/2021	Rest	7m - 4x1 mile	10 miles	6 miles hilly	cross train	6 miles	21 miles	50
Week 15 8/23/2021	Rest	8m - 2x2 mile 2x800	12 miles	6 miles	cross train	7 miles	23 miles	56
Week 16 8/30/2021	Rest	8m - 3x2 mile	7 miles race pace	5 miles	cross train	5 miles	15 miles	40
Week 17 9/6/2021	Rest	7m - 3x1 mile	7 miles	5 miles	cross train	4 miles	10 miles	33
Week 18 9/13/2021	Rest	30 minute tempo	4 miles	3 easy miles	Rest	AFM 26.2 Race Day		36.2

AIR FORCE
MARATHON

*Cross training can be or a combination of bicycling, elliptical, strength training, swimming etc.

*Warm up and cool down in addition in addition to the workout. ~ .5 - 1 mile.

*Tempo runs start at an easy pace and gradually increase in speed about 10-15 seconds per mile.