INTERMEDIATE 26.2 TRAINING PROGRAM

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Week 1 5/15/2023	4m tempo run	Rest	5 miles	3 miles	cross train	3 miles	8 miles	23
Week 2 5/22/2023	5m - 8x2min fast/2min slow	Rest	5 miles	3 miles hilly	cross train	3 miles	9 miles	25
Week 3 5/29/2023	4m - 35 min tempo run	Rest	5 miles race pace	4 miles	cross train	3.5 miles	10 miles	26.5
Week 4 6/7/2023	5m - 40 min tempo run	Rest	6 miles	4 miles	cross train	3.5 miles	9 miles	27.5
Week 5 6/12/2023	6m - 45 min tempo run	Rest	6 miles	4 miles hilly	cross train	4 miles	12 miles	32
Week 6 6/19/2023	6m - 8x4 min fast/2min slow	Rest	7 miles race pace	4 miles	cross train	4 miles	13 miles	34
Week 7 6/26/2023	7m - 50minute tempo run	Rest	7 miles	5 miles	cross train	4.5 miles	11 miles	34.5
Week 8 7/3/2023	7m - 9x4 min fast/2min slow	Rest	8 miles	5 miles hilly	cross train	4.5 miles	15 miles	39.5
Week 9 7/10/2023	7m - 10x4 min fast/1min slow	Rest	8 miles race pace	5 miles	cross train	5 miles	16 miles	41
Week 10 7/17/2023	7m - 55 minute tempo run	Rest	9 miles	5 miles	cross train	5 miles	12 miles	38
Week 11 7/24/2023	7m - 2x1 mile 2x800	Rest	9 miles	5 miles hilly	cross train	5.5 miles	18 miles	44.5
Week 12 7/31/2023	8m - 60 minute tempo run	Rest	10 miles race pace	6 miles	cross train	5.5 miles	19 miles	48.5
Week 13 8/7/2023	7m - 3x1 mile 2x800	Rest	10 miles	6 miles	cross train	6 miles	12 miles	41
Week 14 8/14/2023	7m - 4x1 mile	Rest	10 miles	6 miles hilly	cross train	6 miles	21 miles	50
Week 15 8/21/2023	8m - 2x2 mile 2x800	Rest	12 miles	6 miles	cross train	7 miles	23 miles	56
Week 16 8/28/2023	8m - 3x2 mile	Rest	7 miles race pace	5 miles	cross train	5 miles	15 miles	40
Week 17 9/4/2023	7m - 3x1 mile	Rest	7 miles	5 miles	cross train	4 miles	10 miles	33
Week 18 9/11/2023	30 minute tempo	Rest	4 miles	3 easy miles	Rest	AFM 26.2 Race Day		36.2