

Marathon Training Plan

Higdon Intermediate 2

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	1	2	3	4	5	6	7
42		5 km	8 km	5 km		8 km	16 km
2	8	9	10	11	12	13	14
43		5 km	8 km	5 km		8 km	18 km
3	15	16	17	18	19	20	21
42		5 km	10 km	5 km		10 km	13 km
4	22	23	24	25	26	27	28
50		5 km	10 km	5 km		10 km	21 km
5	29	30	31	32	33	34	35
55		5 km	11 km	5 km		11 km	23 km
6	36	37	38	39	40	41	42
48		5 km	11 km	5 km		11 km	16 km
7	43	44	45	46	47	48	49
64		6 km	13 km	6 km		13 km	26 km
8	50	51	52	53	54	55	56
66		6 km	13 km	6 km		13 km	27 km
9	57	58	59	60	61	62	63
48		6 km	14 km	6 km			half
10	64	65	66	67	68	69	70
72		6 km	14 km	6 km		14 km	31 km
11	71	72	73	74	75	76	77
80		8 km	16 km	8 km		16 km	32 km
12	78	79	80	81	82	83	84
55		8 km	10 km	8 km		10 km	19 km
13	85	86	87	88	89	90	91
80		8 km	16 km	8 km		16 km	32 km
14	92	93	94	95	96	97	98
55		8 km	10 km	8 km		10 km	19 km
15	99	100	101	102	103	104	105
80		8 km	16 km	8 km		16 km	32 km
16	106	107	108	109	110	111	112
55		8 km	13 km	8 km		6 km	19 km
17	113	114	115	116	117	118	119
42		6 km	10 km	6 km		6 km	13 km
18	120	121	122	123	124	125	126
57		5 km	6 km			3 km	marathon

rest cross long pace race tempo interval hill