

## Intermediate II Marathon

Choose the “Intermediate II” Marathon Calendar (green) if you are comfortable doing 25 miles/week, with a long run/walk of 10 miles. Remember, it’s okay to mix walking into a training run at any time. Some runners find it very helpful to use planned walking breaks --- walking for a certain amount of time after running for a number of minutes, or walking first and building into a run. This run/walk combo can be repeated throughout a run.

### Intermediate I Marathon

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week Total
1	Cross	3	5	3	Rest	5	10	26
2	Cross	3	5	3	Rest	5	11	27
3	Cross	3	6	3	Rest	5	8	26
4	Cross	3	6	3	Rest	6	13	31
5	Cross	3	7	3	Rest	7	14	34
6	Cross	3	7	3	Rest	7	10	30
7	Cross	4	8	4	Rest	8	16	40
8	Cross	4	8	4	Rest	8	17	41
9	Cross	4	9	4	Rest	9	12	38
10	Cross	4	9	4	Rest	9	19	46
11	Cross	5	10	5	Rest	10	20	50
12	Cross	5	6	5	Rest	6	12	34
13	Cross	5	10	5	Rest	10	20	50
14	Cross	5	6	5	Rest	6	12	38
15	Cross	5	10	5	Rest	10	20	50
16	Cross	5	8	5	Rest	4	12	34
17	Cross	4	6	4	Rest	4	8	26
18	Cross	3	4	2	Rest	2	26.1	37+