



Fort Worth Full Marathon Intermediate Plan

Good for marathoners with a bit of experience and 5 days a week to run

Runners should start this plan running 20-25 miles per week

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Long Run)	Sunday
1	CT or 4 miles easy	4 miles plus 4 strides	1 mile wu, 10x (30 sec fast ,90 sec easy), 1 mile cd	Rest	4 miles easy plus 4 strides	10	Rest
2	CT or 4 miles easy	4 miles plus 4 strides	1 mile wu, 10 x (30 sec hill rep, jog down), 1 mile cd	Rest	5 easy miles plus 4 strides	10	Rest
3	CT or 4 miles easy	4 miles plus 4 strides	1 mile wu, 10x (1 min fast ,1 min easy), 1 mile cd	Rest	5 easy miles plus 4 strides	12	Rest
4	CT or 4 miles easy	4 miles plus 4 strides	1 mile wu, 10 x (45 sec hill rep, jog down), 1 mile cd	Rest	5 easy miles plus 4 strides	12	Rest
5	CT or 4 miles easy	4 miles plus 4 strides	1 mile wu, 10x (2 min fast ,1 min easy), 1 mile cd	Rest	6 miles easy plus 4 strides	14	Rest
6	CT or 4 miles easy	4 miles plus 4 strides	1 mile wu, 10 x (1 min hill rep, jog down), 1 mile cd	Rest	6 miles easy plus 4 strides	14	Rest
7	CT or 4 miles easy	4 miles plus 4 strides	2 mile wu, 6x(800m at 5k pace, 400m easy), 1 mile cd	Rest	6 miles easy plus 4 strides	16	Rest
8	CT or 4 miles easy	4 miles plus 4 strides	2 mile wu, 10 x (1 min hill rep, jog down), 1 mile cd	Rest	6 miles easy plus 4 strides	16	Rest
9	CT or 4 miles easy	4 miles plus 4 strides	2 mile wu, 5x(1km at 5k pace, 400m easy), 1 mile cd	Rest	6 miles easy plus 4 strides	18	Rest
10	CT or 4 miles easy	4 miles plus 4 strides	2 mile wu, 10 x (1 min hill rep, jog down), 1 mile cd	Rest	6 miles easy plus 4 strides	16	Rest
11	CT or 4 miles easy	4 miles plus 4 strides	2 mile wu, 4 miles at goal race pace, 1 mile cd	Rest	6 miles easy plus 4 strides	18	Rest
12	CT or 4 miles easy	4 miles plus 4 strides	2 mile wu, 10 x (1 min hill rep, jog down), 1 mile cd	Rest	6 miles easy plus 4 strides	16	Rest
13	CT or 4 miles easy	4 miles plus 4 strides	2 mile wu, 2x (3 miles at goal race pace, 400m easy), 1 mile cd	Rest	6 miles easy plus 4 strides	20	Rest
14	CT or 4 miles easy	4 miles plus 4 strides	2 mile wu, 2x (3 miles at goal race pace, 400m easy), 1 mile cd	Rest	4 miles easy plus 4 strides	12	Rest
15	CT or 4 miles easy	4 miles plus 4 strides	2 mile wu, 2 miles race pace, 1 mile hm pace, 2 miles race pace, 1 mile cd	Rest	4 miles easy plus 4 strides	8	Rest
16	CT or 3 miles easy	3 miles plus 4 strides	1 mile wu, 10x (30 sec fast ,90 sec easy), 1 mile cd	Rest	Rest	3 miles plus 4 strides	RACE!!

Easy - Keep the pace easy, should be able to have a conversation. A few walk breaks are fine, just keep going!

Fartleks - Keep the fast pace challenging but manageable for 10 repetitions. 5k pace or faster

Hills - Choose a moderate hill that takes more than a minute to run up. Try to get to the same place or farther each repetition. Think about good form, head up, and pump your arms.

Long Run - Biggest run of the week. Be sure to practice your hydration and fueling before, during, and after these runs. If feeling good, run last 3 miles close to race pace.

Strides - 15 seconds working up to 90% effort, 45 seconds super easy recovery. Focus on good, relaxed form during these.

CT - 30-60 minutes of a non-running activity like walking, biking, swimming, yoga, etc.

Rest: Exactly what it says. Eat well, hydrate, get your feet up. You can only train as hard as you recover!

*If you have questions regarding this plan, reach out to info@runrelated.com. Place "FTW Marathon" in the subject

**If you'd like a more customized coaching approach, send an email to info@runrelated.com or visit RunRelated.com

