

# Intermediate I Marathon

Choose the “Intermediate I” Marathon Calendar (orange) if you are comfortable doing 20 miles/week, with a long run/walk of 8 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	8	24
2	Cross	3	5	3	Rest	5	9	25
3	Cross	3	5	3	Rest	5	6	22
4	Cross	3	6	3	Rest	6	11	29
5	Cross	3	6	3	Rest	6	12	30
6	Cross	3	5	3	Rest	6	9	26
7	Cross	4	7	4	Rest	7	14	36
8	Cross	4	7	4	Rest	7	15	37
9	Cross	4	5	4	Rest	7	11	31
10	Cross	4	8	4	Rest	8	17	41
11	Cross	5	8	5	Rest	8	18	44
12	Cross	5	5	5	Rest	8	13	36
13	Cross	5	8	5	Rest	8	20	43
14	Cross	5	5	5	Rest	8	12	35
15	Cross	5	8	5	Rest	5	20	43
16	Cross	5	6	5	Rest	4	12	32
17	Cross	4	5	4	Rest	3	8	24
18	Cross	3	4	2	Rest	2	26.1	37+