

Intermediate 24-week Marathon Training Program

WEEK 1

MON	Jog 10 mins, Run 10
TUES	Jog 30 mins
WED	Fartlek Total 30 mins
THURS	Jog 20 mins
FRI	Fartlek Total 35 mins
SAT	REST
SUN	Run 60 mins

WEEK 2

MON	Jog 30 mins
TUES	Fartlek Total 40 mins
WED	Jog 30 mins
THURS	Fartlek Total 40 mins
FRI	Jog 30 mins
SAT	REST
SUN	Run 60 mins

WEEK 3

MON	Jog 30 mins
TUES	Fartlek Total 45 mins
WED	Jog 10 mins, Run 35
THURS	Interval: Sprint 30sec, 3mins recovery, Repeat x3 Jog 15
FRI	Jog 40 mins
SAT	Jog 15 mins
SUN	Fartlek Total 70 mins

WEEK 4

MON	Jog 30 mins
TUES	Interval: Max effort 60sec, Walk 3mins, Repeat x3
WED	Jog 45 mins
THURS	Jog 10 mins, Run 35
FRI	Jog 15 mins, Run 15, Jog 15
SAT	REST
SUN	Run 60 mins

WEEK 5

MON	Jog 30 mins
TUES	Interval: Max effort 60sec, Walk 3mins, Max effort 45sec, Walk 3mins, Max effort 30sec, Walk 3mins, Repeat x6
WED	Jog 45 mins
THURS	Run 45 mins
FRI	Interval: Max effort 70sec, Walk 3mins, Max effort 45sec, Walk 2mins, Max effort 30sec, Walk 3mins, Repeat x3
SAT	REST
SUN	Run 60 mins

WEEK 6

MON	Jog 30 mins
TUES	Interval: Max effort 75sec, Walk 3mins Repeat x3
WED	Jog 45 mins
THURS	Run 25 mins
FRI	Jog 20 mins
SAT	Jog 15 mins, Walk 10,
SUN	RACE - 10 k (if not - Run 60 mins)

WEEK 7

MON	If Raced - REST, If not: Jog 15 mins, Run 10
TUES	If Raced: Jog 30 mins, If not: Fartlek Total 60 mins
WED	Jog 60 mins
THURS	Jog 10 mins, Run 30, Jog 20
FRI	Run 60 mins, Jog 10, Walk 10
SAT	REST
SUN	Fartlek Total 75 mins

WEEK 8

MON	Jog 25 mins, Run 10, Jog 25
TUES	Interval: Max effort 60sec, Walk 3mins Repeat x6
WED	Jog 60 mins
THURS	Fartlek Total 75 mins
FRI	Jog 25 mins
SAT	REST
SUN	Jog 90 mins

WEEK 9

MON	Jog 30 mins
TUES	Interval: Max effort 75sec, Walk 3mins, Max effort 45sec, Walk 2mins, Max effort 30sec, Walk 3mins, Repeat x4
WED	Jog 45 mins
THURS	Run 75 mins
FRI	Jog 30 mins
SAT	REST
SUN	Run 90 mins

WEEK 10

MON	Jog 45 mins
TUES	Fartlek Total 75 mins
WED	Jog 10 mins, Run 10, Jog 15
THURS	Interval: Max effort 75sec, Walk 3mins, Max effort 60sec, Walk 3mins, Max effort 30sec, Walk 2mins, Repeat x4
FRI	Jog 25 mins
SAT	REST
SUN	Run 90 mins

WEEK 11

MON	Jog 30 mins
TUES	Interval: Max effort 60sec, Walk 3mins, Max effort 30sec, Walk 3mins, Max effort 60sec, Walk 3mins, Repeat x5
WED	Jog 20 mins
THURS	Interval: Max effort 75sec, Walk 3mins Repeat x2 Max effort 45sec, Walk 3mins Repeat x2
FRI	Jog 20 mins
SAT	REST
SUN	Run 90 mins

WEEK 12

MON	Jog 30 mins
TUES	Run 90 mins
WED	Run 90 mins
THURS	Jog 20 mins, Run 20, Jog 20
FRI	Jog 15 mins, Walk 15
SAT	REST
SUN	RACE - Half marathon

WEEK 13

MON	If raced - Rest If not - Jog 30 mins
TUES	If Raced: Jog 30 mins, If not: Fartlek Total 75 mins

WED Jog 15 mins, Run 30, Jog 30
THURS Run 60 mins
FRI Jog 45 mins, Run 10, Jog 15
SAT REST
SUN Fartlek Total 90 mins

WEEK 14

MON Jog 10 mins, Run 10, Jog 5
TUES Interval: Max effort 60sec, Walk 3mins Repeat x6
WED Jog 30 mins
THURS Fartlek Total 60 mins
FRI Jog 30 mins
SAT REST
SUN Run 100 mins

WEEK 15

MON Jog 20 mins
TUES Jog 10 mins, Run 30, Jog 30
WED Interval: Max effort 75sec, Walk 3mins Repeat x2 Max effort 45sec, Walk 3mins Repeat x2 Max effort 15sec, Walk 3mins Repeat x2
THURS Jog 35 mins
FRI Interval: Max effort 60sec, Walk 3mins Repeat x6
SAT Jog 15 mins, Walk 15
SUN Fartlek Total 60 mins

WEEK 16

MON Jog 15 mins
TUES Interval: Max effort 60sec, Walk 3mins Max effort 50sec, Walk 3mins Max effort 40sec, Walk 2mins Max effort 30sec, Walk 1min Max effort 30sec
WED Jog 35 mins
THURS Run 60 mins
FRI Jog 45 mins, Run 10, Jog 25
SAT REST
SUN Jog 120 mins

WEEK 17

MON Jog 30 mins
TUES Jog 30 mins, Run 15, Jog 30
WED Interval: Max effort 75sec, Walk 3mins Repeat x6
THURS Jog 45 mins
FRI Interval: Max effort 75sec, Walk 3mins Repeat x6
SAT Jog 10 mins, Walk 10
SUN Fartlek Total 90 mins

WEEK 18

MON Jog 15 mins
TUES Run 70 mins
WED Fartlek Total 70 mins
THURS Jog 15 mins
FRI Fartlek Total 70 mins
SAT REST
SUN Jog 120 mins

WEEK 19

MON Jog 30 mins
TUES Interval: Max effort 75sec, Walk 3mins Max effort 65sec, Walk 3mins Repeat x5
WED Jog 45 mins

THURS Fartlek Total 65 mins
FRI Jog 15 mins, Run 15, Jog 30
SAT REST
SUN Run 120 mins

WEEK 20

MON Walk 10 mins, Jog 15, Walk 10
TUES Jog 45 mins
WED Jog 15 mins, Run 25, Jog 25
THURS Interval: Max effort 30sec, Walk 3mins Repeat x6
FRI Jog 45 mins
SAT REST
SUN Fartlek Total 100 mins

WEEK 21

MON Jog 30 mins
TUES Interval: Max effort 75sec, Walk 3mins Repeat x6
WED Jog 45 mins
THURS Run 60 mins
FRI Jog 40 mins, Run 20' Jog 10
SAT REST
SUN Run 130 mins

WEEK 22

MON Jog 15 mins, Walk 10, Jog 10
TUES Jog 10 mins, Run 30, Jog 20
WED Run 75 mins
THURS Jog 15 mins
FRI Run 60 mins
SAT Jog 15 mins, Walk 15
SUN Fartlek Total 120 mins

WEEK 23

MON Jog 20 mins
TUES Run 20 mins
WED Jog 10 mins, Run 10, Jog 10
THURS Fartlek Total 60 min
FRI Jog 20 mins, Run 10, Jog 15
SAT REST
SUN Jog 120 mins

WEEK 24

MON Jog 30 mins
TUES Run 60 mins
WED Jog 30 mins
THURS Jog 15 mins
FRI REST
SAT REST
SUN RACE

Disclaimer

AMREF can not accept any responsibility for death or injuries caused by any information c