

Marathon Training. Intermediate 1

Mon 22/Jan 07	cross	Thu 01/Mar 07	3	Sun 08/Apr 07	18	Wed 16/May 07	5
Tue 23/Jan 07	3	Fri 02/Mar 07	rest	Mon 09/Apr 07	cross	Thu 17/May 07	4
Wed 24/Jan 07	5	Sat 03/Mar 07	6 pace	Tue 10/Apr 07	5	Fri 18/May 07	rest
Thu 25/Jan 07	3	Sun 04/Mar 07	9	Wed 11/Apr 07	5	Sat 19/May 07	3
Fri 26/Jan 07	5 pace	Mon 05/Mar 07	cross	Thu 12/Apr 07	5	Sun 20/May 07	8
Sat 27/Jan 07	8	Tue 06/Mar 07	4	Fri 13/Apr 07	rest	Mon 21/May 07	cross
Sun 28/Jan 07		Wed 07/Mar 07	7	Sat 14/Apr 07	8 pace	Tue 22/May 07	4
Mon 29/Jan 07	Breckenridge	Thu 08/Mar 07	4	Sun 15/Apr 07	13	Wed 23/May 07	rest
Tue 30/Jan 07		Fri 09/Mar 07	rest	Mon 16/Apr 07	cross	Thu 24/May 07	rest
Wed 31/Jan 07		Sat 10/Mar 07	7 pace	Tue 17/Apr 07	5	Fri 25/May 07	2
Thu 01/Feb 07		Sun 11/Mar 07	14	Wed 18/Apr 07	8	Sat 26/May 07	_____
Fri 02/Feb 07		Mon 12/Mar 07	cross	Thu 19/Apr 07	5		
Sat 03/Feb 07		Tue 13/Mar 07	4	Fri 20/Apr 07	rest		
Sun 04/Feb 07		Wed 14/Mar 07	7	Sat 21/Apr 07	5 pace		
Mon 05/Feb 07		Thu 15/Mar 07	4	Sun 22/Apr 07	20		
Tue 06/Feb 07		Fri 16/Mar 07	rest	Mon 23/Apr 07	cross		
Wed 07/Feb 07		Sat 17/Mar 07	7	Tue 24/Apr 07	5		
Thu 08/Feb 07	Sun 18/Mar 07	15	Wed 25/Apr 07	5			
Fri 09/Feb 07	Mon 19/Mar 07	cross	Thu 26/Apr 07	5			
Sat 10/Feb 07	Tue 20/Mar 07	4	Fri 27/Apr 07	rest			
Sun 11/Feb 07	Wed 21/Mar 07	5	Sat 28/Apr 07	8			
Mon 12/Feb 07	Thu 22/Mar 07	4	Sun 29/Apr 07	12			
Tue 13/Feb 07	Fri 23/Mar 07	rest	Mon 30/Apr 07	cross			
Wed 14/Feb 07	Sat 24/Mar 07	7 pace	Tue 01/May 07	5			
Thu 15/Feb 07	Sun 25/Mar 07	11	Wed 02/May 07	8			
Fri 16/Feb 07	Mon 26/Mar 07	cross	Thu 03/May 07	5			
Sat 17/Feb 07	Tue 27/Mar 07	4	Fri 04/May 07	rest			
Sun 18/Feb 07	Wed 28/Mar 07	8	Sat 05/May 07	5 pace			
Mon 19/Feb 07	Thu 29/Mar 07	4	Sun 06/May 07	20			
Tue 20/Feb 07	Fri 30/Mar 07	rest	Mon 07/May 07	cross			
Wed 21/Feb 07	Sat 31/Mar 07	8 pace	Tue 08/May 07	5			
Thu 22/Feb 07	Sun 01/Apr 07	17	Wed 09/May 07	6			
Fri 23/Feb 07	Mon 02/Apr 07	cross	Thu 10/May 07	5			
Sat 24/Feb 07	Tue 03/Apr 07	5	Fri 11/May 07	rest			
Sun 25/Feb 07	Wed 04/Apr 07	8	Sat 12/May 07	4 pace			
Mon 26/Feb 07	Thu 05/Apr 07	5	Sun 13/May 07	12			
Tue 27/Feb 07	Fri 06/Apr 07	rest	Mon 14/May 07	cross			
Wed 28/Feb 07	Sat 07/Apr 07	8	Tue 15/May 07	4			

cross = swimming, cycling, walking

pace = marathon pace 7:28

long run: 45-90 seconds slower than pace
