



## 2010 Route 66 Marathon Intermediate Training Schedule

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)	Total (miles)
1	6/13-6/19	off / X-train	3-5	4-5	off / X-train	4-5	off	7	18 to 22
2	6/20-6/26	off / X-train	3-5	4-5	off / X-train	4-5	off	8	19 to 23
3	6/27-7/3	off / X-train	3-5	4-5	off / X-train	4-5	off	9	20 to 24
4	7/4-7/10	off / X-train	4-5	4-5	off / X-train	4-5	off	5 (Poker Run)	17 to 20
5	7/11-7/17	off / X-train	4-5	4-6	off / X-train	4-6	off	10	22 to 27
6	7/18-7/24	off / X-train	4-5	4-6	off / X-train	4-6	off	12	24 to 29
7	7/25-7/31	off / X-train	4-6	5-6	off / X-train	4-6	off	8	21 to 26
8	8/1-8/7	off / X-train	4-6	5-6	off / X-train	4-6	off	12	25 to 30
9	8/8-8/14	off / X-train	4-6	5-7	off / X-train	4-6	off	7	20 to 26
10	8/15-8/21	off / X-train	4-5	5-6	off / X-train	4-7	off	14	27 to 32
11	8/22-8/28	off / X-train	4-6	5-7	off / X-train	5-7	off	6	20 to 26
12	8/29-9/4	off / X-train	4-5	5-6	off / X-train	5-6	off	16	30 to 33
13	9/5-9/11	off / X-train	4-6	5-7	off / X-train	5-7	off	7 Pace	21 to 27
14	9/12-9/18	off / X-train	4-5	5-6	off / X-train	5-6	off	18	32 to 35
15	9/19-9/25	off / X-train	4-6	5-7	off / X-train	5-7	off	8 Pace	22 to 28
16	9/26-10/2	off / X-train	4-5	5-6	off / X-train	5-6	off	20	34 to 37
17	10/3-10/19	off / X-train	4-6	6-7	off / X-train	5-8	off	10 Pace	25 to 31
18	10/10-10/16	off / X-train	4-5	5-7	off / X-train	5-6	off	22	36 to 40
19	10/17-10/23	off / X-train	4-6	6-8	off / X-train	5-8	off	10 Pace	25 to 32
20	10/24-10/30	off / X-train	4-5	4-6	off / X-train	4-5	off	10 (Tulsa Run)	22 to 26
21	10/31-11/6	off / X-train	4-5	4-6	off / X-train	4-5	off	22 (Mock Marathon)	34 to 38
22	11/7-11/13	off / X-train	4-5	4-6	off / X-train	3-5	off	8	19 to 24
23	11/14-11/20	off / X-train	2-4	3-4	off / X-train	3-4	off	0	8 to 12
24	11/21-11/27	<b>Route 66 Marathon</b>							

- Unless otherwise stated, Saturday long runs should be 60 to 90 seconds slower per mile than marathon pace.
- **FF** means fast finish. These runs will start at the usual long run pace, but the last third of the run will be run at a progressively faster pace, ending at marathon pace or maybe even quicker.
- **Pace** runs will start with a slow warm up mile or two, and the rest of the run will be at marathon goal pace.
- Midweek runs should normally be at an easy pace, around 30 to 60 seconds per mile slower than marathon pace. The intermediate schedule does not include tempo, speed, or hill workouts, but you are free to do whatever you feel comfortable with. The advanced schedule does include them, and they are described below.
- **Hill (H)** workouts either will be moderate running over a hilly course or will be hill repeats.
- **Hill Sprints (HS)** are short (10-20 second) high intensity efforts on a steep hill. We will run a mile or two at an easy pace to warm up, and then do the hills, followed by an easy mile or so to cool down.
- **Tempo (T)** runs consist of about a mile at an easy pace to warm up, several miles at tempo pace, followed another mile or so to cool down. Pace should range from 10-15k race pace for shorter tempo runs to half marathon race pace or a little slower for longer tempo runs. Sometimes we do a tempo interval workout, which consists of repeat bouts of 1 to 3 miles with a short rest between repeats.
- **Speed (S)** work. This consists of repeats of intervals from 400 meters up to 1200 meters. Pace is usually near 5k race pace. Recovery time between intervals is from ½ the interval time up to the interval time.
- Note: All paces should be adjusted for weather conditions (i.e., heat and humidity).