

**Intermediate 1-2 Marathon Training Schedule, adapted from a Hal Higdon's schedule**

Rest on Mondays & Fridays.

**Codes:** I = interval training    E = Easy    T = Tempo run  
 H = hills    L = long run    M = marathon pace

Wk	Date	Mon	Tue	Wed	Thu	Sat	Sun	Weekly totals
		Rest	I 6 - 8	E 8 - 10	T 6 - 8	E 11 - 13	L 22 - 25	53 - 64
1	4/29/2019	Rest	H 6 - 8	E 8 - 10	TT 11min	E 6-8	E 11 - 13	36 - 44
2	5/6/2019	Rest	I 6 - 8	E 8-12	M 6 - 8	E 5	21.1	46 - 54
3	5/13/2019	Rest	H 6 - 8	E 8 - 12	T 6 - 8	E 5	L 21	46 - 54
4	5/20/2019	Rest	I 8 - 10	E 6 - 10	T 8 - 10	Rest	35 (240)	57 - 65
5	5/27/2019	Rest	H 8 - 10	E 8-10	M 8 - 10	Rest	24 (140)	48 - 54
6	6/3/2019	Rest	I 8 - 10	E 8 - 10	T 8 - 12	E 5	21.1	50 - 58
7	6/10/2019	Rest	H 8 - 10	E 8-10	T 8 - 12	E 5	L 18 - 22	47 - 59
8	6/17/2019	Rest	I 8 - 12	E 6 - 10	T 8 - 12	E 8- 16	L19 - 29	48 - 79
9	6/24/2019	Rest	H 8 -12	E 8 - 10	M 8 - 12	Rest	L 32 - 36	56 - 70
10	7/1/2019	Rest	TT 5	E 8-10	E 6	TT 5	L 19	43 - 45
11	7/8/2019	Rest	E 8	E 8-10	E 6	E 5	E 13	40 - 41
12	7/15/2019	Rest	E 5	E 6	E 3	Rest	WRF Marathon	56
13		Rest	E 3	Rest			Total	759 - 903