

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
#1	5km	Intervals or 5k	Off	10km	5km	15km	Off	40km
#2	10km	Intervals or 5k	Off	10km	Off	18km	Off	43km
#3	10km	Intervals or 8k	Off	10km	Off	20km	Off	48km
#4	15km	10km	Off	10km	Off	15km	Off	50km
#5	10km	Intervals or 10k	Off	10km	Off	25km	Off	55km
#6	10km	Intervals or 10k	Off	15km	5km	20km	Off	60km
#7	10km	Intervals or 10k	Off	10km	10km	25km	Off	65km
#8	10km	Intervals or 10k	Off	5km	Off	30km	Off	55km
#9	10km	Intervals or 10k	Off	15km	5km	25km	Off	65km
#10	10km	10km	Off	10km	5km	35km	Off	70km
#11	10km	Intervals or 10k	Off	20km	Off	25km	Off	65km
#12	15km	10km	Off	15km	5km	30km	Off	75km
#13	10km	Intervals or 10k	Off	10km	5km	25km	Off	60km
#14	10km	Intervals or 10k	Off	10km	Off	35km	Off	65km
#15	10km	10km	Off	10km	Off	15km	Off	45km
#16	Off	8km	Off	8km	5km	Off	Marathon	

BASE-35-40Km/wk

****INTERMEDIATE - Marathon Schedule****

"ROAD 2 HOPE MARATHON"

