



2009 Route 66 Marathon Intermediate Training Schedule

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)	Total (miles)
1	6/7-6/13	off / X-train	3-5	3-5	off / X-train	4-5	off	7	17 to 22
2	6/14-6/20	off / X-train	3-5	4-5	off / X-train	4-5	off	7	18 to 22
3	6/21-6/27	off / X-train	3-5	4-5	off / X-train	4-5	off	8	19 to 23
4	6/28-7/4	off / X-train	4-5	4-5	off / X-train	4-6	off	8	20 to 24
5	7/5-7/11	off / X-train	4-5	4-5	off / X-train	4-6	off	9 (<i>Poker Run</i>)	21 to 25
6	7/12-7/18	off / X-train	4-5	4-6	off / X-train	4-6	off	10	22 to 27
7	7/19-7/25	off / X-train	4-5	4-6	off / X-train	4-6	off	12	24 to 29
8	7/26-8/1	off / X-train	4-5	5-6	off / X-train	4-7	off	8	21 to 26
9	8/2-8/8	off / X-train	4-6	5-7	off / X-train	4-6	off	14	27 to 33
10	8/9-8/15	off / X-train	4-6	5-7	off / X-train	4-6	off	16	29 to 35
11	8/16-8/22	off / X-train	4-6	5-7	off / X-train	4-7	off	8	21 to 28
12	8/23-8/29	off / X-train	4-5	4-6	off / X-train	5-6	off	16 FF	29 to 33
13	8/30-9/5	off / X-train	4-6	5-7	off / X-train	5-6	off	14-18	28 to 37
14	9/6-9/12	off / X-train	4-5	5-6	off / X-train	4-7	off	8 Pace	21 to 26
15	9/13-9/19	off / X-train	4-6	5-6	off / X-train	5-7	off	18	32 to 37
16	9/20-9/26	off / X-train	4-5	5-6	off / X-train	5-7	off	9 Pace	23 to 27
17	9/27-10/3	off / X-train	4-5	5-7	off / X-train	5-7	off	20	34 to 39
18	10/4-10/10	off / X-train	4-5	6-7	off / X-train	5-7	off	10 Pace	25 to 29
19	10/11-10/17	off / X-train	4-6	5-6	off / X-train	5-6	off	20-22	34 to 40
20	10/18-10/24	off / X-train	4-5	6-8	off / X-train	5-6	off	12 Pace	27 to 31
21	10/25-10/31	off / X-train	4-5	5-6	off / X-train	4-5	off	10 (<i>Tulsa Run</i>)	23 to 26
22	11/1-11/7	off / X-train	4-5	4-6	off / X-train	4-5	off	22 (<i>Mock Marathon</i>)	34 to 37
23	11/8-11/14	off / X-train	4-5	4-6	off / X-train	3-5	off	8	19 to 24
24	11/15-11/21	off / X-train	0-2	3-4	off / X-train	3-4	off	0	6 to 10
25	11/22-11/28	Route 66 Marathon							

- 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 (8-12 second) high intensity efforts on a steep hill. We will run a few easy miles to warm up, and then do the hills, followed by an easy half-mile or so to cool down. 3+2HS means three miles warm up & cool down plus two hill sprints.
- **Tempo (T)** runs will consist of a ½ to 1 mile warm up, several miles at tempo pace, followed by ½ to 1 mile 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.
- **Speed (S)** work. A suggested format is to do ½ or 1-mile repeats. Pace should be between 5k and 10k race pace for mile repeats and about 5k race pace or slightly faster for half-mile repeats. Recovery time between intervals should be from ½ the interval time up to the interval time.
- Note: All paces should be adjusted for weather conditions (i.e., heat and humidity).