

Intermediate Schedule								
Training Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 13	6 Miles	8 Miles	10 Miles	8 Miles	Rest	7 Miles	20 Miles*	59 Miles
Week 14	Rest	8 Miles	8 Miles	8 Miles	Rest	8 Miles	15 Miles	47 Miles

* Please note that on your long runs, you either run for miles or 3 hours total. Whichever comes first.