

Intermediate Schedule								
Training Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 7	4 Miles	6 Miles	6 Miles	8 Miles	Rest	5 Miles	20 Miles*	49 Miles
Week 8	Rest	7 Miles	8 Miles	8 Miles	Rest	6 Miles	14 Miles	43 Miles

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