

Intermediate Schedule								
Training Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 5	Rest	6 Miles	7 Miles	6 Miles	Rest	6 Miles	18 Miles*	43 Miles
Week 6	Rest	6 Miles	6 Miles	7 Miles	Rest	6 Miles	13 Miles	38 Miles

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