



RunVermont Rdy2Run Intermediate Marathon Plan

18-Week • 5-Day Training Schedule

About This Plan

The RunVermont Rdy2Run Intermediate Marathon Plan is an 18-week, five-day-per-week training schedule designed for runners with an established aerobic base. The schedule emphasizes one quality workout each week, a medium-long run, a weekly long run, planned cutback weeks, and a progressive three-week taper leading into race day. This is a training template rather than an individualized coaching program.

Before You Begin This Plan

This plan is intended for runners who are consistently running approximately 35–45 miles per week and can comfortably complete a 10–12 mile long run before beginning the program.

- Most weekly mileage should be completed at an easy conversational pace.
- Quality workouts supplement—not replace—a strong aerobic foundation.
- Mileage and workouts may be adjusted to reflect experience, recovery, weather, or health.
- Sleep, nutrition, hydration, and strength training are important components of marathon preparation.

How to Use This Plan

- Monday: Rest or optional cross-training.
- Tuesday: Primary quality workout (strides, hills, tempo, or intervals).
- Wednesday: Easy recovery run.
- Thursday: Medium-long aerobic run.
- Friday: Easy recovery run.
- Saturday: Long run.
- Sunday: Recovery run.

Weeks 1–4: Base Building

Build aerobic fitness and establish consistent training.

Week	Mon	Tue (Workout)	Wed	Thu	Fri	Sat (Long)	Sun	Total
1	Rest/XT	6E + Strides	5E	7E	4E	10	4	36
2	Rest/XT	6E + Strides	6E	8E	4E	12	4	40



3	Rest/XT	7E + Strides	6E	9E	5E	14	4	45
4	Rest/XT	6E	5E	7E	4E	10	3	35 (Cutback)

Weeks 5–8: Strength & Hills

Develop strength and durability while continuing to build mileage.

Week	Mon	Tue (Workout)	Wed	Thu	Fri	Sat (Long)	Sun	Total
5	Rest/XT	7E + Hills	6E	10E	5E	15	4	47
6	Rest/XT	7E + Hills	7E	10E	5E	16	4	49
7	Rest/XT	8E + Tempo	7E	11E	5E	18	4	53
8	Rest/XT	6E	6E	8E	4E	14	3	41 (Cutback)

Weeks 9–12: Marathon-Specific Development

Shift the focus toward marathon-specific endurance and threshold work.

Week	Mon	Tue (Workout)	Wed	Thu	Fri	Sat (Long)	Sun	Total
9	Rest/XT	8E + Tempo	7E	12E	5E	18	5	55
10	Rest/XT	8E + Tempo	8E	12E	5E	20	5	58
11	Rest/XT	9E + Tempo	8E	13E	6E	20	5	61 (Peak)
12	Rest/XT	7E	6E	10E	5E	16	4	48 (Cutback)

Weeks 13–15: Peak Fitness

Maintain peak fitness while preparing for the taper.

Week	Mon	Tue (Workout)	Wed	Thu	Fri	Sat (Long)	Sun	Total
13	Rest/XT	9E + Tempo	8E	12E	6E	18	5	58
14	Rest/XT	9E + Intervals	8E	12E	6E	16	5	56



15	Rest/XT	8E + Tempo	7E	10E	5E	14	4	48 (Start Taper)
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Weeks 16–18: Taper

Reduce fatigue while maintaining fitness and routine before race day.

Week	Mon	Tue (Workout)	Wed	Thu	Fri	Sat (Long)	Sun	Total
16	Rest/XT	7E + Strides	6E	8E	4E	12	4	41
17	Rest/XT	6E + Strides	5E	6E	3E	8	3	31
18	Rest/XT	4E	3E	3E	Rest	2E	Marathon (26.2)	38.2

Workout Key

- E = Easy conversational pace
- Strides = 6 × 20-second accelerations (5K effort) with full recovery
- Tempo = Comfortably hard effort near lactate threshold (20-30 seconds faster per mile than marathon pace).
- Hills = 6–8 × 45–60 second hill repeats
- Intervals = 5–6 × 800 meters at approximately 10K pace

Strength Training Recommendation

Twice each week after easy runs, perform 10–15 minutes of basic strength work including squats, lunges, calf raises, glute bridges, planks, side planks, and core exercises.



most importantly... **HAVE FUN!**

& if you need a little extra motivation or have any questions,
reach out to **info@runvermont.org**