

Intermediate-Advanced Training Schedule for the 2017 California International Marathon

Weeks Left	Week Beginning	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Weekly Total
16	8/14	R/X	4	4	5	4	3	10	30
15	8/21	R/X	5	4	5	4	3	12	33
14	8/28	R/X	5	4	6	4	3	14	36
13	9/4	R/X	6	4	6	4	3	8	31
12	9/11	R/X	6	5	6	5	3	14	39
11	9/18	R/X	6	5	7	5	3	16	42
10	9/25	R/X	6	6	7	6	3	18	46
9	10/2	R/X	6	6	7	6	3	12	40
8	10/9	R/X	6	6	7	6	4	19	48
7	10/16	R/X	6	6	7	6	4	14	43
6	10/23	R/X	7	6	7	6	4	20	50
5	10/30	R/X	7	6	7	6	4	15	45
4	11/6	R/X	7	6	7	6	4	20	50
3	11/13	R/X	6	5	6	5	3	15	40
2	11/20	R/X	5	5	6	4	0	10	30
1	11/27	R/X	4	3	5	3	0	26.2	15 + race

R/X = rest or cross-train

Optional tempo work: after a 1-2 mile warm up, run at your marathon pace (MP): Start with 1 -2 miles at MP and add a little each week, until you are running up to 5-6 miles at MP. Be sure to cool down at easy pace for at least 1/2 mile to finish.

To find your marathon pace based on a recent race time: <https://runsmartproject.com/calculator/>