



Intermediate marathon programme

This programme is for you if you consider yourself to be a more developed runner. You may have already completed marathon races before, or possibly a half marathon race.

Use this alongside our marathon training webpage: www.raceme.ae/training/marathon
The effort levels described here correspond to the 'Activity' column. One mile is equivalent to 1.6 km. For this training programme, where distances are specified, we've rounded them to the nearest mile for simplicity.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	30 mins easy	Rest	40 mins tempo running	Rest	60 mins cross train, cycle or swim	Long run: 6 miles
Week 2	Rest	30 mins easy	5 miles easy	40 mins tempo running	Rest	60 mins cross train, cycle or swim	Long run: 8 miles
Week 3	Rest	40 mins steady	5 miles easy	40 mins tempo running	Rest	60 mins cross train, cycle or swim	Long run: 9 miles
Week 4	Rest	40 mins interval running	6 miles easy	40 mins steady	Rest	60 mins cross train, cycle or swim	Long run: 10 miles
Week 5	Rest	40 mins steady	6 miles easy	40 mins tempo running	Rest	60 mins cross train, cycle or swim	Long run: 12 miles
Week 6	Rest	30 mins interval running	5 miles easy	50 mins steady	Rest	60 mins cross train, cycle or swim	Long run: 13 miles
Week 7	Rest	50 mins steady	7 miles easy	40 mins tempo running	Rest	60 mins cross train, cycle or swim	Long run: 14 miles
Week 8	Rest	40 mins interval running	6 miles easy	60 mins steady	Rest	60 mins cross train, cycle or swim	Long run: 15 miles
Week 9	Rest	30 mins steady	8 miles easy	40 mins tempo running	Rest	60 mins cross train, cycle or swim	Long run: 10km race
Week 10	Rest	40 mins steady	7 miles easy	40 mins interval running session	Rest	60 mins cross train, cycle or swim	Long run: 18 miles
Week 11	Rest	30 mins easy	6 miles easy	40 mins tempo running	Rest	60 mins cross train, cycle or swim	Long run: 15 miles
Week 12	Rest	30 mins easy	5 miles easy	50 mins steady	Rest	60 mins cross train, cycle or swim	Long run: 13 miles or half marathon race
Week 13	Rest	60 mins easy	6 miles easy	40 mins tempo running	Rest	60 mins cross train, cycle or swim	Long run: 20 to 22 miles
Week 14	Rest	Rest	7 miles easy	40 mins interval running	Rest	60 mins cross train, cycle or swim	Long run: 12 miles
Week 15	Rest	40 mins easy	Rest	40 mins tempo running	Rest	60 mins cross train, cycle or swim	Easy run: 10 miles
Week 16	Rest	30 mins easy	Rest	30 mins easy run	Rest	Rest	RACE