



# 2011 Route 66 Marathon Intermediate Training Schedule

Week	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
			(miles)	(miles)		(miles)		(miles)	
1	6/12 to 6/18	off / X-train	4 to 6 hill sprints	4 to 8 easy	off / X-train	4 to 5 easy/S/T	off	7 easy	19 to 26
2	6/19 to 6/25	off / X-train	4 to 6 hill sprints	4 to 8 easy	off / X-train	4 to 5 easy/S/T	off	8 easy	20 to 27
3	6/26 to 7/2	off / X-train	4 to 6 hill sprints	3 to 6 easy	off / X-train	4 to 5 easy	off	9 easy	20 to 26
4	7/3 to 7/9	off / X-train	4 to 6 hill sprints	4 to 8 easy	off / X-train	4 to 5 easy/S/T	off	5 easy	17 to 24
5	7/10 to 7/16	off / X-train	4 to 6 hill sprints	4 to 8 easy	off / X-train	4 to 6 easy/S/T	off	10 easy	22 to 30
6	7/17 to 7/23	off / X-train	4 to 8 easy	4 to 8 easy	off / X-train	4 to 6 easy	off	12 easy	24 to 34
7	7/24 to 7/30	off / X-train	4 to 6 hill sprints	3 to 6 easy	off / X-train	3 to 6 easy/S/T	off	8 pace	18 to 26
8	7/31 to 8/6	off / X-train	4 to 6 long hills	4 to 8 easy	off / X-train	4 to 6 easy/S/T	off	12 easy	24 to 32
9	8/7 to 8/13	off / X-train	4 to 8 easy	4 to 8 easy	off / X-train	4 to 6 easy	off	7 easy	19 to 29
10	8/14 to 8/20	off / X-train	4 to 6 hill sprints	5 to 8 easy	off / X-train	4 to 7 easy/S/T	off	14 easy	27 to 35
11	8/21 to 8/27	off / X-train	4 to 6 long hills	4 to 5 easy	off / X-train	5 to 7 easy/S/T	off	6 easy	19 to 24
12	8/28 to 9/3	off / X-train	4 to 8 easy	4 to 8 easy	off / X-train	5 to 6 easy	off	16 easy	29 to 38
13	9/4 to 9/10	off / X-train	4 to 6 hill sprints	5 to 8 easy	off / X-train	5 to 7 easy/S/T	off	7 pace	21 to 28
14	9/11 to 9/17	off / X-train	4 to 6 long hills	5 to 8 easy	off / X-train	5 to 6 easy/S/T	off	18 easy	32 to 38
15	9/18 to 9/24	off / X-train	4 to 8 easy	5 to 8 easy	off / X-train	5 to 7 easy	off	9 pace	23 to 32
16	9/25 to 10/1	off / X-train	4 to 6 hill sprints	4 to 6 easy	off / X-train	5 to 6 easy/S/T	off	20 easy	33 to 38
17	10/2 to 10/8	off / X-train	4 to 6 long hills	5 to 8 easy	off / X-train	5 to 8 pace	off	10 pace	24 to 32
18	10/9 to 10/15	off / X-train	4 to 8 easy	6 to 9 easy	off / X-train	5 to 6 pace	off	22 easy	37 to 45
19	10/16 to 10/22	off / X-train	4 to 6 hill sprints	5 to 8 easy	off / X-train	5 to 8 easy	off	12 pace	26 to 34
20	10/23 to 10/29	off / X-train	4 to 8 easy	5 to 6 easy	off / X-train	4 to 5 easy	off	10 race	23 to 29
21	10/30 to 11/5	off / X-train	3 to 6 easy	4 to 6 easy	off / X-train	4 to 5 easy	off	22 easy	33 to 39
22	11/6 to 11/12	off / X-train	3 to 6 hill sprints	3 to 6 easy	off / X-train	3 to 5 pace	off	8 easy	17 to 25
23	11/13 to 11/19	off / X-train	3 to 6 easy	3 to 6 easy	off / X-train	3 to 4 easy	off	0 off	9 to 16
24	11/20 to 11/26	Route 66 Marathon							

- **FF** means fast finish. Start at easy pace, but the last third of the run will be run at a progressively faster pace, ending at marathon pace or
- **Pace** runs will start and finish with an easy mile or two, but the bulk of the run will be at marathon goal pace.
- **Hill Sprints** are short (10-20 second) high intensity efforts. We run a few easy miles to warm up and cool down, with 4 to 12 reps of hills in
- **Tempo (T)** runs will consist of a 1 mile warm up, several miles at tempo pace (15k to 1/2 marathon race pace), followed by a 1 mile cool
- **Speed (S)** work. Usually 1/2 mile to 1-mile repeats at about 5k race pace, with recovery from 1/2 the interval time up to the interval time.
- The types of runs listed are suggestions and are optional. You need to listen to your body and tailor the runs to what you need.