

Marathon Intermediate Plan

This plan is generated by AI. Adjust this plan to your needs and check with a knowledgeable coach.

[Check our post on Movaia.com/blog for the AI prompt used.](#)

AI Training Plan Notes

This training plan follows the principles of gradual progression within the training blocks and includes a recovery week every fourth week with reduced volume and intensity. The periodization model used is linear periodization because it allows for a gradual increase in training volume and intensity over time. Race-specific workouts are included closer to the race date and a taper period is included before the race with reduced weekly training volume but maintaining short periods of higher intensity training. Warm-up and cool-down are included in the training plan and hard workouts are followed by easier workouts or rest days. The plan follows an 80%/20% split of easy and hard workouts.

Please note that this is just a sample training plan and it is important to listen to your body and adjust your training accordingly. It is also recommended to consult with a coach or trainer to create a personalized training plan that meets your specific needs and goals. I hope this helps!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Recovery Run (30 min, Zone 1) + Strength Training (45 min)	Tempo Run (45 min, Zone 4) + Running Form Drills (15 min)	Rest Day	Interval Run (30 min, Zone 5) + Running Form Drills (15 min)	Endurance Run (60 min, Zone 2)	Rest Day + Take videos for Movaia.com _run form check up	Long Run (90 min, Zone 2)

2	Recovery Run (30 min, Zone 1) + Strength Training (45 min)	Hill Repeats (45 min, Zone 4) + Running Form Drills (15 min)	Rest Day	Cruise Intervals (30 min, Zone 4) + Running Form Drills (15 min)	Endurance Run (60 min, Zone 2)	Rest Day	Long Run (100 min, Zone 2)
3	Recovery Run (30 min, Zone 1) + Strength Training (45 min)	Tempo Run (45 min, Zone 4) + Running Form Drills (15 min)	Rest Day	Interval Run (30 min, Zone 5) + Running Form Drills (15 min)	Endurance Run (60 min, Zone 2)	Rest Day	Long Run (110 min, Zone 2)
4	Recovery Run (30 min, Zone 1) + Strength Training (45 min) + Functional Threshold Test (30 min)	Walk-Run (30 min, Zone 1-2)	Rest Day	Walk-Run (30 min, Zone 1-2)	Endurance Run (45 min, Zone 2)	Rest Day	Long Run (60 min, Zone 2)
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Recovery Run (30 min, Zone 1) + Strength Training (45 min)	Tempo Run (45 min, Zone 4) + Running Form Drills (15 min)	Rest Day	Interval Run (30 min, Zone 5) + Running Form Drills (15 min)	Endurance Run (60 min, Zone 2)	Rest Day + Take videos for Movaia.com run form check up	Long Run (120 min, Zone 2)

6	Recovery Run (30 min, Zone 1) + Strength Training (45 min)	Hill Repeats (45 min, Zone 4) + Running Form Drills (15 min)	Rest Day	Cruise Intervals (30 min, Zone 4) + Running Form Drills (15 min)	Endurance Run (60 min, Zone 2)	Rest Day	Long Run (130 min, Zone 2)	
7	Recovery Run (30 min, Zone 1) + Strength Training (45 min)	Tempo Run (45 min, Zone 4) + Running Form Drills (15 min)	Rest Day	Interval Run (30 min, Zone 5) + Running Form Drills (15 min)	Endurance Run (60 min, Zone 2)	Rest Day	Long Run (140 min, Zone 2)	
8	Recovery Run (30 min, Zone 1) + Strength Training (45 min) + Functional Threshold Test (30 min)	Walk-Run (30 min, Zone 1-2)	Rest Day	Walk-Run (30 min, Zone 1-2)	Endurance Run (45 min, Zone 2)	Rest Day	Long Run (60 min, Zone 2)	

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Recovery Run (30 min, Zone 1) + Strength Training (45 min)	Tempo Run (45 min, Zone 4) + Running Form Drills (15 min)	Rest Day	Interval Run (30 min, Zone 5) + Running Form Drills (15 min)	Endurance Run (60 min, Zone 2)	Rest Day + Take videos for Movaia.com run form check up	Long Run (150 min, Zone 2)
10	Recovery Run (30 min, Zone 1) + Strength Training (45 min)	Hill Repeats (45 min, Zone 4) + Running Form Drills (15 min)	Rest Day	Cruise Intervals (30 min, Zone 4) + Running Form Drills (15 min)	Endurance Run (60 min, Zone 2)	Rest Day	Long Run (160 min, Zone 2)
11	Recovery Run (30 min, Zone 1) + Strength Training (45 min)	Tempo Run (45 min, Zone 4) + Running Form Drills (15 min)	Rest Day	Interval Run (30 min, Zone 5) + Running Form Drills (15 min)	Endurance Run (60 min, Zone 2)	Rest Day	Long Run (170 min, Zone 2)
12	Recovery Run (30 min, Zone 1) + Strength Training (45 min) + Functional Threshold Test (30 min)	Walk-Run (30 min, Zone 1-2)	Rest Day	Walk-Run (30 min, Zone 1-2)	Endurance Run (45 min, Zone 2)	Rest Day	Long Run (60 min, Zone 2)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	Recovery Run (30 min, Zone 1) + Strength Training (45 min)	Tempo Run (45 min, Zone 4) + Running Form Drills (15 min)	Rest Day	Interval Run (30 min, Zone 5) + Running Form Drills (15 min)	Endurance Run (60 min, Zone 2)	Rest Day + Take videos for Movaia.com run form check up	Long Run (180 min, Zone 2)
14	Recovery Run (30 min, Zone 1) + Strength Training (45 min)	Hill Repeats (45 min, Zone 4) + Running Form Drills (15 min)	Rest Day	Cruise Intervals (30 min, Zone 4) + Running Form Drills (15 min)	Endurance Run (60 min, Zone 2)	Rest Day	Long Run (190 min, Zone 2)
15	Recovery Run (30 min, Zone 1) + Strength Training (45 min)	Tempo Run (45 min, Zone 4) + Running Form Drills (15 min)	Rest Day	Interval Run (30 min, Zone 5) + Running Form Drills (15 min)	Endurance Run (60 min, Zone 2)	Rest Day	Long Run (200 min, Zone 2)
16	Recovery Run (30 min, Zone 1) + Strength Training (45 min) + Functional Threshold Test (30 min)	Walk-Run (30 min, Zone 1-2)	Rest Day	Walk-Run (30 min, Zone 1-2)	Endurance Run (45 min, Zone 2)	Rest Day	RACE