

## Intermediate Marathon Training Program

*The Intermediate Marathon Program is best suited for those who have been running at least 4-5 times per week for 50-90 minutes and riding the ElliptiGO 1-3x per week for 45-60 minutes for at least six months. If you are running less consider the Beginning Marathon Program.*

<b>DAY MODE INTENSITY I-RATE SYSTEM HEART RATE</b>	<b>Monday Run</b>	<b>Tuesday ElliptiGO + ST</b>	<b>Wednesday Run-Speed</b>	<b>Thursday ElliptiGO + ST/Rest</b>	<b>Friday Run/ElliptiGO</b>	<b>Saturday Endurance Run</b>	<b>Sunday Rest/ElliptiGO</b>
	Easy Effort 6-7 65-70%	Moderate 7+ 70-75%	Challenging 8-9 80-90%	Easy 6-7 65-70%	Easy Run/Hard ElliptiGO 6-8 65-80%	Conversational/Race Pace 6-8 65-80%	Moderate 7-8 70-80%
<b>WEEK 1</b>	50 minutes 4x Striders	45 minutes ElliptiGO 15-20min Strength Training	50 minutes Easy Pace	45 minutes ElliptiGO 15-20min Strength Training	Run: 45 minutes Easy Effort 65-70% [6-7]	7 miles	Rest
<b>WEEK 2</b>	50 minutes 4x Striders	45 minutes ElliptiGO 15-20min Strength Training	50 minutes Easy Pace	45 minutes ElliptiGO 15-20min Strength Training	Run: 45 minutes Easy Effort 65-70% [6-7]	8 miles	Rest
<b>WEEK 3</b>	50 minutes 4x Striders	45 minutes ElliptiGO 15-20min Strength Training	60 minutes Easy Pace	45 minutes ElliptiGO 15-20min Strength Training	Run: 45 minutes Easy Effort 65-70% [6-7]	9 miles	Rest
<b>WEEK 4</b>	50 minutes 4x Striders	50 minutes ElliptiGO 15-20min Strength Training	60 minutes Easy Pace <i>Pickups</i>	Rest	50 minutes ElliptiGO Hilly Terrain Moderate Effort	7 miles	Rest
<b>WEEK 5</b>	45 minutes 4x Striders	50 minutes ElliptiGO 15-20min Strength Training	60 minutes Easy Pace <i>Pickups</i>	45 minutes ElliptiGO 15-20min Strength Training	Run: 45 minutes Easy Effort 65-70% [6-7]	10 miles	Rest
<b>WEEK 6</b>	60 minutes 4x Striders	50 minutes ElliptiGO 15-20min Strength Training	60 minutes Easy Pace <i>Pickups</i>	45 minutes ElliptiGO 15-20min Strength Training	Run: 45 minutes Easy Effort 65-70% [6-7]	11 miles	Rest
<b>WEEK 7</b>	60 minutes 4x Striders	50 minutes ElliptiGO 15-20min Strength Training	60 minutes Easy Pace <i>Pickups</i>	Rest	60 minutes ElliptiGO Hilly Terrain Moderate Effort	8 miles	Rest
<b>WEEK 8</b>	45 minutes 4x Striders	60 minutes ElliptiGO 15-20min Strength Training	<i>Tempo A</i>	45 minutes ElliptiGO 15-20min Strength Training	Run: 45 minutes Easy Effort 65-70% [6-7]	12 miles	Rest
<b>WEEK 9</b>	60 minutes 4x Striders	60 minutes ElliptiGO 15-20min Strength Training	<i>Tempo A</i>	Rest	70 minutes ElliptiGO Hilly Terrain Moderate Effort	10 miles	Rest

<b>WEEK 10</b>	60 minutes 4x Striders	60 minutes ElliptiGO 15-20min Strength Training	<i>Tempo A</i>	45 minutes ElliptiGO 15-20min Strength Training	Run: 45 minutes Easy Effort 65-70% [6-7]	14 miles	Rest
<b>WEEK 11</b>	45 minutes 4x Striders	60 minutes ElliptiGO 15-20min Strength Training	<i>Tempo A</i>	Rest	75 minutes ElliptiGO Hilly Terrain Moderate Effort	10 miles [Race Pace Run] 5miles Easy+5miles@ Race Pace	Rest
<b>WEEK 12</b>	50 minutes 4x Striders	50 minutes ElliptiGO 15-20min Strength Training	<i>Tempo B</i>	45 minutes ElliptiGO 15-20min Strength Training	Run: 45 minutes Easy Effort 65-70% [6-7]	16 miles	Rest
<b>WEEK 13</b>	40 minutes 4x Striders	30 minutes ElliptiGO 15-20min Strength Training	<i>Tempo B</i>	45 minutes ElliptiGO 15-20min Strength Training	Run: 45 minutes Easy Effort 65-70% [6-7]	18 miles	Rest
<b>WEEK 14</b>	40 minutes 4x Striders	30 minutes ElliptiGO	<i>Tempo B</i>	Rest	80 minutes ElliptiGO Hilly Terrain Moderate Effort	10 miles [Race Pace Run] 5miles Easy+5miles@ Race Pace	Rest
<b>WEEK 15</b>	40 minutes 4x Striders	30 minutes ElliptiGO	<i>Tempo B</i>	45 minutes ElliptiGO 15-20min Strength Training	Run: 45 minutes Easy Effort 65-70% [6-7]	20 miles	Rest
<b>WEEK 16</b>	40 minutes 4x Striders	30 minutes ElliptiGO	<i>Tempo C</i>	Rest	80 minutes ElliptiGO Hilly Terrain Moderate Effort	10 miles [Race Pace Run] 4miles Easy+6miles@ Race Pace	Rest
<b>WEEK 17</b>	40 minutes 4x Striders	30 minutes ElliptiGO	<i>Tempo C</i>	45 minutes ElliptiGO 15-20min Strength Training	Run: 45 minutes Easy Effort 65-70% [6-7]	20 miles	Rest
<b>WEEK 18</b>	40 minutes 4x Striders	30 minutes ElliptiGO	<i>Tempo C</i>	Rest	60 minutes ElliptiGO Hilly Terrain Moderate Effort	10 miles [Race Pace Run] 3miles Easy+7miles@ Race Pace	Rest
<b>WEEK 19</b>	40 minutes 4x Striders	30 minutes ElliptiGO	<i>Tempo C</i>	45 minutes ElliptiGO	Run: 40 minutes Easy Effort 65-70% [6-7]	8 miles	Rest
<b>WEEK 20</b>	40 minutes 4x Striders	30 minutes ElliptiGO	30 minutes <i>Pickups</i>	Rest	30 minutes 4x Striders	Rest	<b>Race Day!</b>

Recovery Week 1	Rest	ElliptiGO 20 minutes	Rest	ElliptiGO 20-30 minutes	Rest	ElliptiGO 30 minutes	Run: 30 minutes
Recovery Week 2	Rest	ElliptiGO 30 minutes	Run: 30 minutes	ElliptiGO 30 minutes	Rest	4-5 miles	Rest
Recovery Week 3	ElliptiGO 40 minutes	Run: 40 minutes	Rest	ElliptiGO 40 minutes	Rest	6 miles	ElliptiGO 40 minutes
Recovery Week 4	Rest	Run: 45 minutes	ElliptiGO 40 minutes	Run: 45 minutes	ElliptiGO 40 minutes	7 miles	Rest

**Warm-up:** 5 minutes in addition to the schedule workout times above at an easy pace prior to every workout to gradually increase circulation to working muscles, heart and breathing rates.

**Cool-down:** 5 minutes in addition to the schedule workout times above at an easy pace after to every workout to gradually bring heart rate and breathing back to normal levels.

**Flexibility:** Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries. a fast but controlled pace is reached, focusing on form and quick foot strike. Follow with one minute of easy walking. Repeat 4 times.

**Heart Rate:** If you have a heart rate monitor, maintain a range between the prescribed percentages (e.g., 65-75% of estimated maximum heart rate).

**i-Rate Scale:** A simple way to rate your effort level by your perception or perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest, 6-7 able to talk, 8 you can hear your breathing, 9 you can hold for a few minutes and 10- being an all out level. Use this system to stay in the smart training range listed on the training program (i.e., 6-7)

**ElliptiGO:** Riding the ElliptiGO is an effective cross training mode for half marathon training as it mimics the running motion with very low impact on the body thereby reducing the risk of injury and allowing for greater boost in training frequency, duration and intensity. The ElliptiGO gliding motion and gearing activate slightly different muscle movements versus running including the gluteals, inner thighs (adductors), quads and core - which effectively strengthens and balances the muscles, tendons and joints. It can also aid in efficient recovery and reduce burnout. The ElliptiGO is woven into this training plan as cross-training during the week and in combination with the cutback long runs to build endurance. Start and finish every ElliptiGO workout with 5 minutes of very easy paced riding and train at the prescribed effort level (e.g., 7 on the iRate Scale or 70-75% heart rate).

**Race Pace Run:**= Run first 3 miles of the run at an easy, conversational pace and the remaining miles at planned half marathon pace (race pace). This is a great way to train mentally for the race and teach your body the pace needed on race day. The key is to run at race pace and no faster.