



2019 Suffolk County Marathon Intermediate Training Program



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Off	3 Miles	4 Miles	3 Miles	5 Miles at Goal Marathon Pace	Off	10 Miles
2	Off	3 Miles	5 Miles	3 Miles	5 Miles at Goal Marathon Pace	Off	12 Miles
3	Off	4 Miles	2 Mile Warm Up 12x400 @ 5k Pace 1 Mile Cool Down	4 Miles	6 Miles	Cross Train or Off	8 Miles
4	Cross Train	4 Miles	6 Miles	4 Miles	6 Miles at Goal Marathon Pace	Off	14 Miles
5	Off	5 Miles	2 Mile Warm Up 6x800 @ 5k Pace 1 Mile Cool Down	4 Miles	6 Miles at Goal Marathon Pace	Cross Train or Off	8 Miles
6	Cross Train	5 Miles	8 Miles	5 Miles	7 Miles at Goal Marathon Pace	Off	16 Miles
7	Off	5 Miles	2 Mile Warm Up 16x400 @ 5k Pace 2 Mile Cool Down	5 Miles	7 Miles at Goal Marathon Pace	Cross Train or Off	10 Miles
8	Cross Train	6 Miles	2 Mile Warm Up 8x800 @ 5k Pace 2 Mile Cool Down	5 Miles	7 Miles	Off	18 Miles
9	Off	6 Miles	10 Miles	6 Miles	8 Miles at Goal Marathon Pace	Cross Train	12 Miles
10	Cross Train	6 Miles	2 Mile Warm Up 10x800 @ 10k Pace 2 Mile Cool Down	6 Miles	8 Miles	Off	20 Miles
11	Off	7 Miles	2 Mile Warm Up 5x1 Mile @ 10k Pace 2 Mile Cool Down	6 Miles	10 Miles at Goal Marathon Pace	Cross Train	12 Miles
12	Cross Train	6 Miles	8 Miles	7 Miles	8 Miles at Goal Marathon Pace	Off	20 Miles
13	Off	6 Miles	2 Mile Warm Up 16x400 @ 5k Pace 2 Mile Cool Down	6 Miles	7 Miles	Off	18 Miles
14	Off	6 Miles	8 Miles	6 Miles	10 Miles at Goal Marathon Pace	Cross Train	12 Miles
15	Cross Train	5 Miles	2 Mile Warm Up 6x800 @ 5k Pace 2 Mile Cool Down	5 Miles	7 Miles at Goal Marathon Pace	Cross Train	8 Miles
16	Off	5 Miles	6 Miles at Goal Marathon Pace	Cross Train or Off	Off	Easy 30 Minute Run	Suffolk County Marathon
	Off	Off	20 Minute Run	Off	Off	20 Minute Run	Off

Program written by Mike Petrina, head coach of the Sayville-Smithtown Distance Training Program.

For more information-www.sayvillerunning.com/pages/training

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