

# Intermediate<sup>#</sup> Marathon Walk Schedule--5 ½ - 6 ½ hours

Week	Mon.	* Tues.	Wed.	* Thurs.	Fri.	Sat.	* Sun.
1	Off	45 minutes Fartlek	Off or Easy 30 minutes	Tempo: 10-10-10	Easy 30-45 minutes	Off or Easy 30 minutes	8 miles easy
2	Off	45 minutes Fartlek	Off or Easy 30 minutes	Tempo: 10-10-10	Easy 30-45 minutes	Off or Easy 30 minutes	9 miles easy
3	Off	60 minutes Fartlek	Off or Easy 30-45 minutes	Tempo: 10-10-10	Easy 45-60 minutes	Off or Easy 30-45 minutes	8 miles easy
4	Off	60 minutes Fartlek	Off or Easy 30-45 minutes	Tempo: 10-10-10	Easy 45-60 minutes	Off or Easy 30-45 minutes	10 miles easy
5	Off	60 minutes Fartlek	Off or Easy 30-45 minutes	Tempo: 10-20-10	Easy 45-60 minutes	Off or Easy 30-45 minutes	12 miles easy
6	Off	60 minutes Fartlek	Off or Easy 30-45 minutes	Tempo: 10-20-10	Easy 45-60 minutes	Off or Easy 30-45 minutes	10 mi. @ goal pace
7	Off	60 minutes Fartlek	Off or Easy 30-45 minutes	Tempo: 10-30-10	Easy 60 minutes	Off or Easy 30-45 minutes	14 miles easy
8	Off	60 minutes Fartlek	Off or Easy 30-45 minutes	Tempo: 10-30-10	Easy 60 minutes	Off or Easy 30-45 minutes	12 mi. @ goal pace
9	Off	60 minutes Fartlek	Off or Easy 30-45 minutes	Tempo: 10-30-10	Easy 60 minutes	Off or Easy 30-45 minutes	16 miles easy
10	Off	Economy: 10x200m	Off or Easy 30-45 minutes	Tempo: 10-40-10	Easy 60 minutes	Off or Easy 30-45 minutes	12 mi. @ goal pace
11	Off	60 minutes Fartlek	Off or Easy 30-45 minutes	Tempo: 10-30-10	Easy 60 minutes	Off or Easy 30-45 minutes	18 miles easy
12	Off	Economy: 12x200m	Off or Easy 30-45 minutes	Tempo: 10-40-10	Easy 60 minutes	Off or Easy 30-45 minutes	12 mi. @ goal pace
13	Off	60 minutes Fartlek	Off or Easy 30-45 minutes	Tempo: 10-30-10	Easy 60 minutes	Off or Easy 30-45 minutes	20 miles easy
14	Off	Economy: 12x200m	Off or Easy 30-45 minutes	Tempo: 10-40-10	Easy 60 minutes	Off or Easy 30-45 minutes	12 mi. @ goal pace
15	Off	60 minutes Fartlek	Off or Easy 30-45 minutes	Tempo: 10-40-10	Easy 60 minutes	Off or Easy 30-45 minutes	20 miles easy
16	Off	Economy: 8x400m	Off or Easy 30-45 minutes	Tempo: 10-40-10	Easy 60 minutes	Off or Easy 30-45 minutes	12 miles push last 4
17	Off	40 minutes Fartlek	Off or Easy 30-45 minutes	Tempo: 10-30-10	Off or Easy 30-45 minutes	Off or Easy 30-45 minutes	8 Miles @ goal pace
18	Off	20 minutes Fartlek	Off or Easy 30 minutes	Tempo: 10-10-10	Off or Easy 20 minutes	Easy 20 minutes + 4 x :30s	Marathon!

# The intermediate schedule assumes that you have already successfully completed at least one prior

marathon, whether using racewalking or "regular" technique. If you are using the intermediate schedule, you can begin using racewalking technique by adding one- to two-minute bursts of racewalking technique every five or ten minutes during your long and easy days.

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