

Legend



What is RPE?

RPE stands for “Rate of Perceived Exertion”; this is used to gauge intensity during cardiovascular workouts. RPE 1 or RPE 2 would be a light walk with minimal effort, while RPE 9 or RPE 10 would be a full-blown sprint.

Starter 1.5K and Starter 3K

Jogging Periods

Jog at a speed of approximately 5 RPE.

Walking Periods

Walk at a speed of approximately 3 RPE.

Race!

Jog at a speed of approximately 6 RPE.

Walk+Jog 5K and Walk+Jog 10K

Jogging Periods

Jog at a speed of approximately 6 RPE.

Walking Periods

Walk at a speed of approximately 4 RPE.

Race!

Aim for 7 RPE, but pace yourself early to conserve energy for the end of the race.

Beginner, Intermediate, and Advanced Training Plans

Recovery Days

Jog at a speed of approximately 4/5 RPE.

Pace Days

Jog at a speed of approximately 5/6 RPE.

Distance Days

Jog at a speed of approximately 5 RPE.

Race!

Aim for 7 RPE, but pace yourself early to conserve energy for the end of the race.

Always consult with your physician before starting any new exercise program!

Intermediate Marathon

12 Weeks – 4 Days/Week



	Recovery	Pace	Recovery	Distance
Week 1	4 mi	45 min	5 mi	9 mi
Week 2	4 mi	55 min	6 mi	11 mi
Week 3	4 mi	50 min	6 mi	13 mi
Week 4	4 mi	40 min	4 mi	7 mi
Week 5	5 mi	60 min	6 mi	15 mi
Week 6	6 mi	60 min	7 mi	17 mi
Week 7	6 mi	65 min	7 mi	18 mi
Week 8	3 mi	40 min	4 mi	13 mi
Week 9	6 mi	70 min	8 mi	20 mi
Week 10	5 mi	55 min	7 mi	12 mi
Week 11	4 mi	50 min	6 mi	8 mi
Week 12	4 mi	35 min	3 mi	Race!

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Intermediate Marathon

12 Weeks – 5 Days/Week



	Recovery	Pace	Recovery	Pace	Distance
Week 1	3 mi	4 mi	4 mi	35 min	9 mi
Week 2	3 mi	4 mi	4 mi	40 min	11 mi
Week 3	3 mi	4 mi	4 mi	40 min	13 mi
Week 4	3 mi	3 mi	3 mi	30 min	7 mi
Week 5	4 mi	5 mi	5 mi	45 min	15 mi
Week 6	4 mi	5 mi	5 mi	50 min	17 mi
Week 7	4 mi	6 mi	6 mi	55 min	18 mi
Week 8	3 mi	3 mi	3 mi	30 min	13 mi
Week 9	5 mi	6 mi	6 mi	55 min	20 mi
Week 10	4 mi	5 mi	5 mi	45 min	12 mi
Week 11	3 mi	4 mi	4 mi	40 min	8 mi
Week 12	3 mi	2 mi	2 mi	25 min	<i>Race!</i>

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Intermediate Marathon

16 Weeks – 4 Days/Week



	Recovery	Pace	Recovery	Distance
Week 1	4 mi	45 min	5 mi	9 mi
Week 2	4 mi	50 min	6 mi	10 mi
Week 3	4 mi	50 min	5 mi	12 mi
Week 4	3 mi	35 min	5 mi	7 mi
Week 5	5 mi	50 min	6 mi	13 mi
Week 6	4 mi	55 min	6 mi	14 mi
Week 7	5 mi	55 min	6 mi	15 mi
Week 8	4 mi	40 min	4 mi	10 mi
Week 9	5 mi	65 min	7 mi	16 mi
Week 10	5 mi	65 min	7 mi	17 mi
Week 11	6 mi	65 min	7 mi	18 mi
Week 12	3 mi	40 min	4 mi	13 mi
Week 13	5 mi	70 min	8 mi	20 mi
Week 14	5 mi	60 min	7 mi	12 mi
Week 15	4 mi	45 min	5 mi	8 mi
Week 16	4 mi	35 min	3 mi	Race!

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Intermediate Marathon

16 Weeks – 5 Days/Week



	Recovery	Pace	Recovery	Pace	Distance
Week 1	3 mi	4 mi	4 mi	35 min	9 mi
Week 2	3 mi	4 mi	4 mi	40 min	10 mi
Week 3	3 mi	4 mi	4 mi	40 min	12 mi
Week 4	3 mi	3 mi	3 mi	30 min	7 mi
Week 5	3 mi	4 mi	4 mi	30 min	13 mi
Week 6	4 mi	5 mi	4 mi	45 min	14 mi
Week 7	4 mi	5 mi	5 mi	45 min	15 mi
Week 8	3 mi	3 mi	3 mi	30 min	10 mi
Week 9	4 mi	5 mi	5 mi	50 min	16 mi
Week 10	4 mi	5 mi	5 mi	50 min	17 mi
Week 11	4 mi	6 mi	6 mi	55 min	18 mi
Week 12	3 mi	3 mi	3 mi	30 min	13 mi
Week 13	5 mi	6 mi	6 mi	55 min	20 mi
Week 14	4 mi	5 mi	5 mi	45 min	12 mi
Week 15	3 mi	4 mi	4 mi	40 min	8 mi
Week 16	3 mi	2 mi	2 mi	25 min	<i>Race!</i>

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Intermediate Marathon

20 Weeks – 4 Days/Week



	Recovery	Pace	Recovery	Distance
Week 1	4 mi	45 min	5 mi	8 mi
Week 2	3 mi	45 min	5 mi	9 mi
Week 3	4 mi	45 min	5 mi	10 mi
Week 4	3 mi	40 min	4 mi	7 mi
Week 5	3 mi	45 min	5 mi	12 mi
Week 6	4 mi	45 min	5 mi	13 mi
Week 7	4 mi	45 min	5 mi	14 mi
Week 8	3 mi	40 min	4 mi	10 mi
Week 9	4 mi	50 min	5 mi	16 mi
Week 10	4 mi	50 min	6 mi	17 mi
Week 11	4 mi	45 min	5 mi	18 mi
Week 12	3 mi	40 min	4 mi	13 mi
Week 13	4 mi	50 min	5 mi	20 mi
Week 14	6 mi	65 min	7 mi	15 mi
Week 15	5 mi	65 min	7 mi	18 mi
Week 16	4 mi	55 min	6 mi	13 mi
Week 17	6 mi	75 min	8 mi	20 mi
Week 18	5 mi	60 min	7 mi	12 mi
Week 19	4 mi	50 min	5 mi	8 mi
Week 20	4 mi	35 min	3 mi	Race!

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Intermediate Marathon

20 Weeks – 5 Days/Week



	Recovery	Pace	Recovery	Pace	Distance
Week 1	3 mi	4 mi	4 mi	35 min	8 mi
Week 2	3 mi	4 mi	4 mi	35 min	9 mi
Week 3	3 mi	4 mi	4 mi	35 min	10 mi
Week 4	3 mi	3 mi	3 mi	30 min	7 mi
Week 5	3 mi	4 mi	4 mi	35 min	12 mi
Week 6	3 mi	4 mi	4 mi	35 min	13 mi
Week 7	3 mi	4 mi	4 mi	40 min	14 mi
Week 8	3 mi	3 mi	3 mi	30 min	10 mi
Week 9	3 mi	4 mi	4 mi	40 min	16 mi
Week 10	3 mi	4 mi	4 mi	40 min	17 mi
Week 11	3 mi	4 mi	4 mi	40 min	18 mi
Week 12	3 mi	3 mi	3 mi	30 min	13 mi
Week 13	3 mi	4 mi	4 mi	35 min	20 mi
Week 14	4 mi	6 mi	6 mi	55 min	15 mi
Week 15	4 mi	6 mi	6 mi	55 min	18 mi
Week 16	3 mi	4 mi	4 mi	40 min	13 mi
Week 17	5 mi	6 mi	6 mi	55 min	20 mi
Week 18	4 mi	5 mi	5 mi	45 min	12 mi
Week 19	3 mi	4 mi	4 mi	40 min	8 mi
Week 20	3 mi	2 mi	2 mi	25 min	<i>Race!</i>

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Intermediate Marathon

24 Weeks – 4 Days/Week



	Recovery	Pace	Recovery	Distance
Week 1	4 mi	50 min	5 mi	8 mi
Week 2	4 mi	45 min	5 mi	9 mi
Week 3	3 mi	45 min	5 mi	10 mi
Week 4	3 mi	45 min	5 mi	6 mi
Week 5	4 mi	50 min	5 mi	11 mi
Week 6	5 mi	50 min	6 mi	12 mi
Week 7	4 mi	50 min	6 mi	13 mi
Week 8	3 mi	45 min	5 mi	9 mi
Week 9	5 mi	50 min	5 mi	14 mi
Week 10	4 mi	55 min	6 mi	15 mi
Week 11	5 mi	55 min	6 mi	16 mi
Week 12	4 mi	40 min	4 mi	12 mi
Week 13	5 mi	60 min	6 mi	17 mi
Week 14	5 mi	60 min	7 mi	18 mi
Week 15	6 mi	60 min	7 mi	19 mi
Week 16	3 mi	35 min	4 mi	15 mi
Week 17	5 mi	60 min	7 mi	20 mi
Week 18	6 mi	65 min	7 mi	16 mi
Week 19	6 mi	80 min	8 mi	18 mi
Week 20	4 mi	50 min	6 mi	13 mi
Week 21	7 mi	80 min	8 mi	20 mi
Week 22	5 mi	65 min	7 mi	12 mi
Week 23	4 mi	50 min	5 mi	8 mi
Week 24	4 mi	35 min	3 mi	Race!

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Intermediate Marathon

24 Weeks – 5 Days/Week



	Recovery	Pace	Recovery	Pace	Distance
Week 1	3 mi	4 mi	4 mi	35 min	8 mi
Week 2	3 mi	4 mi	4 mi	35 min	9 mi
Week 3	3 mi	4 mi	4 mi	35 min	10 mi
Week 4	3 mi	4 mi	4 mi	35 min	6 mi
Week 5	3 mi	4 mi	4 mi	40 min	11 mi
Week 6	3 mi	4 mi	4 mi	40 min	12 mi
Week 7	3 mi	4 mi	4 mi	40 min	13 mi
Week 8	3 mi	4 mi	4 mi	35 min	9 mi
Week 9	3 mi	4 mi	4 mi	40 min	14 mi
Week 10	4 mi	5 mi	4 mi	45 min	15 mi
Week 11	4 mi	5 mi	4 mi	45 min	16 mi
Week 12	3 mi	3 mi	3 mi	30 min	12 mi
Week 13	4 mi	5 mi	5 mi	45 min	17 mi
Week 14	4 mi	5 mi	5 mi	50 min	18 mi
Week 15	4 mi	5 mi	5 mi	50 min	19 mi
Week 16	3 mi	3 mi	4 mi	45 min	15 mi
Week 17	4 mi	5 mi	5 mi	50 min	20 mi
Week 18	4 mi	6 mi	6 mi	55 min	16 mi
Week 19	5 mi	6 mi	6 mi	60 min	18 mi
Week 20	3 mi	4 mi	4 mi	40 min	13 mi
Week 21	4 mi	6 mi	6 mi	60 min	20 mi
Week 22	4 mi	5 mi	5 mi	50 min	12 mi
Week 23	3 mi	4 mi	4 mi	40 min	8 mi
Week 24	3 mi	2 mi	2 mi	25	<i>Race!</i>

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