

Lindsey's Pocono Marathon Training Plan - May 16, 2010									
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Intended Total	Actual Total
<b>Week 1</b> January 11 - 17	5	0	4	rest				19	9
	3	5	3	rest	5 pace	8	cross		
<b>Week 2</b> January 18 - 24				rest	3	9	cross	23	0
	3	5	3	rest	5 pace	6	cross	17	0
<b>Week 3</b> Januaruy 25 - 31				rest	5 pace	6	cross		
	3	5	3	rest	6	12	cross	30	0
<b>Week 4</b> February 1 - 7				rest	6 pace	11	cross	23	0
	3	6	3	rest	6	12	cross	20	0
<b>Week 5</b> February 8 - 14				rest	7 pace	14	cross	29	0
	4	7	4	rest	7 pace	11	cross	37	0
<b>Week 6</b> February 15 - 21				rest	6 pace	9	cross		
	3	5	3	rest	6 pace	9	cross		
<b>Week 7</b> February 22 - 28				rest	7 pace	14	cross	24	0
	4	7	4	rest	7 pace	11	cross	33	0
<b>Week 8</b> March 1 - 7				rest	7	15	cross		
	4	7	4	rest	7	15	cross		
<b>Week 9</b> March 8 - 14				rest	7 pace	11	cross	44	0
	4	5	4	rest	7 pace	11	cross	38	0
<b>Week 10</b> March 15 - 21				rest	8 pace	17	cross		
	4	8	4	rest	8 pace	17	cross		
<b>Week 11</b> March 22 - 28				rest	8	18	cross	28	0
	5	8	5	rest	8	18	cross		
<b>Week 12</b> March 29 - April 4				rest	8 pace	13	cross		
	5	5	5	rest	8 pace	13	cross		
<b>Week 13</b> April 5 - 11				rest	5 pace	20	cross	35	0
	5	8	5	rest	5 pace	20	cross	40	0
<b>Week 14</b> April 12 - 18				rest	8	12	cross		
	5	5	5	rest	8	12	cross		
<b>Week 15</b> April 19 - 25				rest	5 pace	rest	22		
	5	8	5	rest	5 pace	rest	22		
<b>Week 16</b> April 26 - May 2	cross	6	5	rest	4 pace	12	cross	23	0
		6	5	rest	4 pace	12	cross	24	0
<b>Week 17</b> May 3 - 9		4	5	4	rest	3	8	cross	
		4	5	4	rest	3	8	cross	
<b>Week 18</b> May 10 - 16		3	4	rest	rest	2	rest	26.2	35.2
<b>Totals</b>								<b>522.2</b>	<b>9</b>

<b>Pace</b>	What do I mean by "Race Pace?" It's a frequently asked question on my V-Boards, so let me explain. Race Pace is the pace you plan to run in the race you're training for. If you're training for a 4:00 marathon, your average pace per mile is 9:09. So you would run that same pace when asked to run Race Pace (sometimes stated simply as "Pace" on the training charts) in this program. If you were training for a 5-K or 10-K, "race pace" would be the pace you planned to run in those races. Sometimes in prescribing speedwork, I define paces for different workouts as 5-K pace or 10-K pace, but you won't be asked to run this fast in the Intermediate program.
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