

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>	5	0	4	rest				19	
January 11 -17	3	5	3	rest	5 pace	8	cross		9
<b>Week 2</b>								23	
January 18 - 24	3	5	3	rest	3	9	cross		0
<b>Week 3</b>								17	
January 25 - 31	3	5	3	rest	5 pace	6	cross		0
<b>Week 4</b>								23	
February 1 -7	3	6	3	rest	6 pace	11	cross		0
<b>Week 5</b>								30	
February 8 - 14	3	6	3	rest	6	12	cross		0
<b>Week 6</b>								20	
February 15 - 21	3	5	3	rest	6 pace	9	cross		0
<b>Week 7</b>								29	
February 22 - 28	4	7	4	rest	7 pace	14	cross		0
<b>Week 8</b>								37	
March 1 -7	4	7	4	rest	7	15	cross		0
<b>Week 9</b>								24	
March 8 - 14	4	5	4	rest	7 pace	11	cross		0
<b>Week 10</b>								33	
March 15 - 21	4	8	4	rest	8 pace	17	cross		0
<b>Week 11</b>								44	
March 22 - 28	5	8	5	rest	8	18	cross		0
<b>Week 12</b>								28	
March 29 - April 4	5	5	5	rest	8 pace	13	cross		0
<b>Week 13</b>								38	
April 5 - 11	5	8	5	rest	5 pace	20	cross		0
<b>Week 14</b>								35	
April 12 - 18	5	5	5	rest	8	12	cross		0
<b>Week 15</b>								40	
April 19 - 25	5	8	5	rest	5 pace	rest	22		0
<b>Week 16</b>								23	
April 26 - May 2	cross	6	5	rest	4 pace	12	cross		0
<b>Week 17</b>								24	
May 3 - 9	4	5	4	rest	3	8	cross		0
<b>Week 18</b>								35.2	
May 10 - 16	3	4	rest	rest	2	rest	26.2		0
<b>Totals</b>								<b>522.2</b>	<b>9</b>

<b>Pace</b>	<p>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.</p>
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