



# BEAT YOUR PERSONAL RECORD



## INTERMEDIATE

You've run a marathon, and now, you're looking to take on your next one. In this 16-week program, you'll get race-ready through a mix of running, cross-training, and rest. You'll work hard to gradually increase your weekly mileage to reach a peak of 50 miles, and also take down a half-marathon on the way to race day. Make sure to track your runs with [Nike+ Running](#) and download [Nike Training Club App](#) for access to great cross-training workouts.

WEEK	MON	TUES	WED	THU	FRI	SAT	SUN
<b>WARM UP</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>CROSS-TRAIN</b>	<b>RUN</b>	<b>RUN</b>	<b>DAY OFF</b>
27 miles <b>1</b>	4 miles Start off your training today. Don't worry about your pace.	6 miles Fartleks help work on speed. 1 mile warm-up. 3 minutes at faster pace, 2 minutes at slower pace, for 3 miles. Finish with 1 mile cool down.	5 miles Easy run at comfortable pace.	Nike Training Club Cross-training builds strength and helps prevent injuries. Choose a 30-minute Nike Training Club workout today focused on core and leg strength.	4 miles Keep it comfortable today and prepare for tomorrow.	8 miles First long run - easy, slow pace.	Rest Recover today with a good stretching and a brisk walk.
<b>FUNDAMENTALS</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>CROSS-TRAIN</b>	<b>RUN</b>	<b>RUN</b>	<b>DAY OFF</b>
27 miles <b>2</b>	4 miles Maintain your fitness. 2 miles at a easy pace. Finish last mile at faster pace.	6 miles Challenge yourself. 1 mile warm-up. 4 miles at steady, challenging pace. Finish 1 mile cool down.	5 miles Take it easy today and get in the miles.	Nike Training Club Cross-train for core-strengthening. Try a Nike Training Club workout from the app or a live class.	4 miles Progression run. Increase your pace along the way.	8 miles Progression run - increase your pace as you go. 2 miles at easy pace. 5 miles increasing pace as you go. 1 mile cool-down.	Rest Get some rest today and stretch.
<b>GROUNDWORK</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>DAY OFF</b>	<b>RUN</b>	<b>RUN</b>	<b>DAY OFF</b>
30 miles <b>3</b>	4 miles Run comfortable pace for 3 miles, then pick up the pace in your last mile.	7 miles Progression Run. 2 miles easy pace, increase the pace for 3 miles and finish with 1 mile cool-down.	5 miles Go light today with an easy pace.	Rest Rest today with a light walk and stretching.	4 miles 3 miles at easy pace. Finish with last mile at faster pace.	10 miles First double digit run - put the miles in at easy comfortable pace.	Rest Take it easy. Go for a walk and stretch.
<b>BUILD A BASE</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>CROSS-TRAIN</b>	<b>RUN</b>	<b>RUN</b>	<b>DAY OFF</b>
34 miles <b>4</b>	4 miles Don't let up. 3 miles at easy pace. Push the last mile at faster pace.	7 miles Fartlek workout. 1 mile warm-up. 3 minutes at faster pace, then 2 minutes at slower pace for 5 miles. 1 mile cool-down.	6 miles Keep pace comfortable today.	Choose Your Own Put in 45-60 minutes of cross-training today.	5 miles Easy, comfortable speed today for 4 miles. Push the last mile at faster pace.	12 miles Focus on the distance today. Easy pace.	Rest Rest up for the week ahead. Stretch and keep things light.



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WEEK	MON	TUES	WED	THU	FRI	SAT	SUN
<b>BUILD STRENGTH</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>DAY OFF</b>
41 miles <b>5</b>	5 miles Maintenance run. Easy pace for 3 miles, then pick up the pace on last mile.	7 miles Don't let up. 1 mile warm-up. 5 miles at steady, challenging pace. 1 mile cool down.	5 miles Easy, comfortable pace today.	5 miles Maintenance run, easy pace.	5 miles Get in the zone for tomorrow. 4 miles at comfortable pace, then pick-up the last mile.	14 miles Build up endurance. Keep the pace easy today.	Rest Recovery day. Rest up and take it easy.
<b>BUILD ENDURANCE</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>DAY OFF</b>	<b>RUN</b>	<b>RUN</b>	<b>DAY OFF</b>
39 miles <b>6</b>	5 miles Kick off the week with 4 miles at easy pace and push the last mile at a faster pace.	7 miles Improve your endurance with a Fartlek run. 1 mile warm-up. 4 minutes at faster pace, then 1 minute at slower pace for 5 miles. Finish with 1 mile cool-down.	6 miles Conserve your energy with easy 6 mile pace.	Rest Day off. Rest up and get a good stretch in today.	5 miles Log another 5 miles. 4 miles at comfortable pace, finish last mile as faster pace.	16 miles Maintain your pace and keep pushing today.	Rest Take it easy and rest up. Go for a walk and stretch.
<b>TEST YOUR LIMITS</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>DAY OFF</b>
43 miles <b>7</b>	5 miles Get ready for your first interval tomorrow. 4 miles easy, then pick up the pace for last mile.	8 miles First interval run. 1 mile warm-up. Start your interval: 0.5 mile at faster pace, 0.25 mile at slower pace and 0.5 mile at faster pace. Cool-down with the final mile.	6 miles Slow down and ease into your 6 miles today.	5 miles Maintenance run, easy pace.	5 miles Run 4 miles at comfortable pace. Finish up with 1 mile at faster pace.	14 miles Longest run yet. Keep the pace easy and comfortable.	Rest Stretch it out today and rest.
<b>DRESS REHEARSAL</b>	<b>RUN</b>	<b>RUN</b>	<b>DAY OFF</b>	<b>RUN</b>	<b>DAY OFF</b>	<b>RUN</b>	<b>RUN</b>
32.1 miles <b>8</b>	4 miles 3 miles at easy pace. Accelerate for the last mile.	8 miles Practice half-marathon pace today. 1 mile warm-up. 6 miles at half-marathon pace. Cool down for 1 mile.	Rest Rest up with a 45-minute brisk walk and stretch.	5 miles Conserve your energy. 5 miles easy and pick-up last mile.	Rest Get ready for your half-marathon with a good stretch session.	2 miles Shake out run today. 1 mile warm-up. Stride for 0.5 mile and finish with 0.5 mile cool-down.	13.1 miles Tune-up run for the marathon. 10 miles at cautious, conservative pace. Finish last 3.1 miles at faster pace.



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WEEK	MON	TUES	WED	THU	FRI	SAT	SUN
<b>RECOVER</b> 27 miles <b>9</b>	<b>DAY OFF</b> <b>Rest</b> Recover from your half-marathon today. Loosen up with some stretching.	<b>DAY OFF</b> <b>Rest</b> Continue to rest. Go for a brisk walk.	<b>RUN</b> <b>6 miles</b> Get back into the swing of things with an easy 6 miles.	<b>CROSS-TRAIN</b> <b>Nike Training Club</b> Get in a 45-60 minute Nike Training Club workout today.	<b>RUN</b> <b>5 miles</b> Run 4 miles easy and finish last mile at faster pace.	<b>RUN</b> <b>16 miles</b> Take your time and conserve your energy. Easy 16 miles today.	<b>DAY OFF</b> <b>Rest</b> Stretch today and get in a brisk walk.
<b>INCREASE INTENSITY</b> 47 miles <b>10</b>	<b>RUN</b> <b>5 miles</b> Ease into the week with a maintenance run. 4 miles easy and pick-up the pace for 1 mile.	<b>RUN</b> <b>8 miles</b> Marathon pace practice. 1 mile warm-up. 8 miles at marathon pace. 1 mile cool-down.	<b>RUN</b> <b>6 miles</b> Take it easy with a comfortable 6 miles.	<b>RUN</b> <b>5 miles</b> Maintenance run, easy pace.	<b>RUN</b> <b>5 miles</b> Loosen up for your long run tomorrow. 4 miles at comfortable pace and finish last mile at faster pace.	<b>RUN</b> <b>18 miles</b> A big step towards your goal. Take your time and keep the pace comfortable.	<b>DAY OFF</b> <b>Rest</b> Stay loose and rest up after an intense week.
<b>THROUGH THE WALL</b> 44 miles <b>11</b>	<b>RUN</b> <b>5 miles</b> You know the drill. 4 miles at easy pace. Pick-up the pace for the last mile.	<b>RUN</b> <b>8 miles</b> Interval run today. Push the pace for the faster intervals. 1 mile warm-up. 0.5 mile at faster pace, slow it down for 0.25 mile, then pick it up again for 0.5 mile. Cool down with final mile.	<b>RUN</b> <b>6 miles</b> Keep the momentum going with easy run today.	<b>CROSS-TRAIN</b> <b>Nike Training Club</b> Switch things up with some cross-training. Try a new Nike Training Club workout.	<b>RUN</b> <b>5 miles</b> Keep the week going with another 5 miles. 4 miles at easy pace and then pickup the pace for 1 mile.	<b>RUN</b> <b>20 miles</b> A taste of the "wall" today. Keep the pace easy and comfortable.	<b>DAY OFF</b> <b>Rest</b> Take today off and rest up.
<b>MAINTAIN FITNESS</b> 46 miles <b>12</b>	<b>RUN</b> <b>4 miles</b> 4 mile maintenance run. 3 miles at easy pace, then push last mile at faster pace.	<b>RUN</b> <b>8 miles</b> Warm-up for peak week. 1 mile at easy pace. Increase pace for next 6 miles and then finish last mile with light cool-down.	<b>RUN</b> <b>6 miles</b> Looking strong. Keep pace comfortable today.	<b>RUN</b> <b>5 miles</b> Easy, comfortable pace today.	<b>RUN</b> <b>5 miles</b> Warm-up for tomorrow's long run. 4 miles at easy pace and pick it up for the last mile.	<b>RUN</b> <b>18 miles</b> Push through the wall today. 18 miles at easy, comfortable pace.	<b>DAY OFF</b> <b>Rest</b> Stay hydrated and stretch out.



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WEEK	MON	TUES	WED	THU	FRI	SAT	SUN
<b>PEAK WEEK</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>CROSS-TRAIN</b>	<b>RUN</b>	<b>RUN</b>	<b>DAY OFF</b>
50 miles <b>13</b>	5 miles Kick-off peak week with maintenance run. 4 miles easy and pick-up the last mile.	12 miles Practice marathon pace today. 1 mile warm-up. 10 miles at race pace and cool-down for 1 mile.	6 miles Keep it easy for 5 miles, then pickup the pace for last mile.	Nike Training Club Core-strength improves your overall fitness. Workout for 45-60 minutes today with Nike Training Club.	5 miles 4 miles easy then 1 mile at faster pace to prepare for tomorrow.	22 miles An epic 22 miles today. Keep the pace easy and comfortable.	Rest After yesterday's monster run, take it easy today. Make sure to stretch and stay hydrated.
<b>TAPER WEEK</b>	<b>DAY OFF</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>DAY OFF</b>
43 miles <b>14</b>	Rest Stretch out and make sure you're giving your body the rest it needs.	10 miles Last interval workout. Start with 1 mile warm-up. Then 0.5 mile at faster pace, slow it down for 0.25 mile and then pick it back up for 0.5 mile. Cool-down for the final mile.	8 miles Conserve your energy and keep the pace comfortable.	5 miles Maintenance run, easy pace.	4 miles Get energized for tomorrow. 3 miles at easy pace, finish last mile at faster pace.	16 miles Final long run before race day.	Rest Take a brisk walk and rest up. Go for a walk and stretch.
<b>TAPER WEEK</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>CROSS-TRAIN</b>	<b>RUN</b>	<b>RUN</b>	<b>DAY OFF</b>
35 miles <b>15</b>	5 miles Maintenance run. Start with 4 miles at easy pace. Push the last mile at a faster pace.	8 miles Last interval before race day. 1 mile warm-up. Run 0.5 mile at faster pace, then slow it down for 0.25 mile and pick the pace up for 0.5 mile. Cool-down for the final mile.	6 miles Keep it light today. Easy 6 miles to conserve your energy.	Nike Training Club Cross-train to stay strong. Try a 45-60 minute Nike Training Club workout today.	4 miles Get ready for the last long run tomorrow. 3 miles at comfortable pace and finish last mile at a faster pace.	12 miles Final long run before race day! Knock down 12 miles at easy pace.	Rest Recover today. Take it easy and get in a good stretch.
<b>RACE WEEK</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>RUN</b>	<b>DAY OFF</b>	<b>RUN</b>	<b>RUN</b>
49.2 miles <b>16</b>	4 miles Loosen up for race week. 3 miles easy and finish last mile at faster pace.	9 miles Race pace practice. 1 mile warm-up. 7 miles at race pace. Cool-down for 1 mile.	3 miles Take it slow.	5 miles Maintenance run. 4 miles at easy pace. 1 mile at faster pace to the finish.	Rest Rest up for race day. Get in a walk and stretch.	2 miles Keep your muscles loose. Warm-up for 1 mile. Stride for 0.5 mile and cool-down for last 0.5 mile.	26.2 miles Race day! Keep the first 20 miles conservative and then maintain speed for final 6.2 miles.