

MARATHON IN A MONTH-INTERMEDIATE PLAN

Marathon in a Month – Intermediate training plan for running or walking								
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL
Sunday August 4 to Saturday August 10	1 km	off	3 km	3 km	off	4 km	off	10 km
Sunday August 11 to Saturday August 17	3 km	3 km	off	off	4 km	off	off	10 km
Sunday August 18 to Saturday August 24	off	3 km	4 km	off	3 km	off	off	10 km
Sunday August 25 to Saturday August 31	off	5 km	off	5 km	off	2.2 km	off	12.2 km
								42.2 km
References to measure distance/routes			Facebook group: https://www.facebook.com/groups/marathoninamonth					
WEBSITE - http://www.mapmyrun.com			Questions? Email Diane atpeople@niagarafallsmarathon.com					
APP- RunGo			Website: https://niagarafallsmarathon.com/marathon-in-a-month/					
WATCH – Garmin			YOU CAN DO THIS!!! WE BELIEVE IN YOU!					
RECORD YOUR MILEAGE HERE								
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL
Sunday August 4 to Saturday August 10								
Sunday August 11 to Saturday August 17								
Sunday August 18 to Saturday August 24								
Sunday August 25 to Saturday August 31								

Please submit this form with your mileage to Diane atpeople@niagarafallsmarathon.com between August 31st and September 4th