



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
1	4 Miles	MHR 4m	3 miles	5 miles	Rest	10 Miles (2-3 hilly miles in last 1/2 of run)	Walk/XT	~26
2	4 Miles	4 miles	3 miles	MHR 6m	Rest	12 Miles (2-3 hilly miles in last 1/2 of run)	Walk/XT	~29

**Medium Hill Run (MHR)**- These runs should have lots of rolling hills in them...up and down streets like Avenham, Carolina, Wycliffe, etc. in South Roanoke are great. They can have some flats but you definitely want to look for hills. This doesn't mean that you need to run Mill mtn. and Roanoke mtn. in one run...that would be too much. If you are not in the area, no problem. Just look for Hills less than a mile in distance that go up 100-250 feet (in elevation) and then back down. These are done at comfortable pace. They are not "hill sprints". This workout helps prepare you for the multiple climbs and descents that are in Blue Ridge Marathon. Again, be sure and run these at a "relatively" conversational pace. If a section becomes too steep to run, then power hike up it until you can resume running.

## FULL MARATHON INTERMEDIATE "FLATLANDER" TRAINING CALENDAR

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
1	4 Miles	Medium Hill Run 4m treadmill (1 m warmup, 1 m at 3%, 1/2 m at 1%, 1 m at 3%, 1/2 m cool down)	3 miles	6 miles	Rest	10 Miles (w/ treadmill push 2-3 x 1m at 3%, run 1/2 m easy at 1% in between these 1 m treadmill "hill" pushes. Do this in the last 1/2 of your long run)	Walk/XT	27
2	4 Miles	4 miles	3 miles	Medium Hill Run 6 m treadmill (2 m warmup, 1 m at 3% grade, 1 m at 1% grade, 1 m at 3% grade, 1 m cool down)	Rest	12 Miles (w/ treadmill push 2-3 x 1m at 3%, run 1/2 m easy at 1% in between these 1 m treadmill "hill" pushes. Do this in the last 1/2 of your long run)	Walk/XT	29