



INTERMEDIATE TRAINING PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	1 Mile-Easy Effort.	Rest.	1 Mile-Easy Effort + 6 x 20 seconds strides w/ 1 minute walk.	Rest.	Rest.	2 Miles-Easy Effort.	Rest.
2	2 Miles-Easy Effort.	Rest.	2 Miles-Easy Effort + 10 x 20 seconds strides w/ 1 minute walk.	Rest.	Rest.	3 Miles-Easy Effort.	Rest.
3	3 Miles-Easy Effort.	Rest.	2 Miles-Easy Effort + 6 x 40 seconds moderate hard w/ 1 minute walk + 5 minute easy cool down jog.	Rest.	Optional: 30 minutes cross training.	4 Miles-Easy Effort.	Rest.
4	1 Mile-Easy Effort + 6 x 1 minute strides w/ 1 minute walk + 1 Mile easy cool down.	Rest.	2 Miles-Easy Effort + 10 x 40 seconds moderate hard w/ 1 minute walk + 5 minute easy cool down jog.	Rest.	Optional: 30 minutes cross training.	3 Miles-Easy Effort.	Rest.
5	1 Mile-Easy Effort + 4 x 40 seconds hard effort w/ 1:20 walk + 8 x 1 minute hard w/ 1 minute walk + 1 Mile easy cool down.	Rest.	3 Miles-Easy Effort + 8 x 15 seconds moderate hard w/ 1 minute walk + 5 minute easy cool down jog.	Rest.	Optional: 40 minutes cross training.	5-Miles Easy Effort.	Rest.
6	1 Mile-Easy Effort + 4 x 40 seconds hard effort w/ 1:20 walk + 10 x 1 minute hard w/ 1 minute walk + 1 Mile easy cool down.	Rest.	2 Miles-Easy Effort + 6 x 2 minutes moderate hard w/ 1:15 minute walk + 5 minute easy cool down jog.	Rest.	Optional: 40 minutes cross training.	5-6 Miles- Easy Effort.	Rest.
7	1 Mile-Easy Effort + 4 x 40 seconds hard effort w/ 1:20 walk + 8 x 1 minute hard w/ 30 seconds walk + 4 x 40 second hard w/ 1:20 walk + 1 Mile easy cool down.	Rest.	2 Miles-Easy Effort + 6 x 3 minutes moderate hard w/ 1:30 minute walk + 5 minute easy cool down jog.	Rest.	Optional: 30 minutes cross training.	4 Miles-Easy Effort.	Rest.
8	1 Mile-Easy Effort + 1 minute + 2 minute + 3 minute + 2 minute + 1 minute moderate hard effort w/ 1 minute walk between intervals+ 4 x 40 second hard w/ 1:20 walk + 1 Mile easy cool down.	Rest.	Optional: 20 minutes cross training.	Race Day!			

