



# Program 4: Intermediate

3 days of running per week

2 days of strength training

2 days of non-impact cardio cross training

*Ideal for runners who have experience running 20 miles per week for at least 6 months, can tolerate 3 days of running and have time to add additional strength training.*

Intermediate	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY LONG RUN	SUNDAY	Total Mileage
Week 1 - 11/27	4	XT/ST	5	XT/ST	BW or OFF	6 - 8		16
Week 2 - 12/4	4	XT/ST	5	XT/ST	BW or OFF	6 - 8		17
Week 3 - 12/11	4	XT/ST	6	XT/ST	BW or OFF	8 - 10		20
Week 4 - 12/18	4	XT/ST	6	XT/ST	BW or OFF	10+		20
Week 5 - 12/25	5	XT/ST	6	XT/ST	BW or OFF	10 - 12		23
Week 6 - 1/1	5	XT/ST	6	XT/ST	BW or OFF	12		23
Week 7 - 1/8	5	XT/ST	6 - HI	XT/ST	BW or OFF	10 RR #1		21
Week 8 - 1/15	5	XT/ST	6 - HI	XT/ST	BW or OFF	12 - 14		25
Week 9 - 1/22	6	XT/ST	7 - HI	XT/ST	BW or OFF	10 RR #2		23
Week 10 - 1/29	6	XT/ST	7 - HI	XT/ST	BW or OFF	14 - 16+		29
Week 11 - 2/5	6	XT/ST	8 - HI	XT/ST	BW or OFF	10 RR#3		24
Week 12 - 2/12	6	XT/ST	8 - HI	XT/ST	BW or OFF	16 - 18 - 20		34
Week 13 - 2/19	7	XT	9 - HI	XT/ST	BW or OFF	10 RR #4		26
Week 14 - 2/26	7	XT	9 - HI	XT/ST	BW or OFF	18 - 20		36
Week 15 - 3/4	8	XT	10 - HI	XT/ST	BW or OFF	10 RR #5		28
Week 16 - 3/11	8	XT	10 - HI	XT/ST	BW or OFF	18 - 20 - 22		40
Week 17 - 3/18	8	XT	8 - HI	XT/ST	BW or OFF	12 - 14		30
Week 18 - 3/25	6	XT	8 - HI	XT/ST	BW or OFF	10 - 12		25
Week 19 - 4/1	6	XT	6 - HI	XT/ST	BW or OFF	8		20
Week 20 - 4/8	5	OFF	4	OFF	BW or OFF	2		12
April 15 2024	<b>RACE DAY</b>							

## Program Overview:

**Longest Run:** 20 miles

**Progression:** Very gradual

**Injury Risk:** very low

The number next to each hill interval refers to the total mileage of that workout. Included in that is a 1.5 - 2 mile easy run at the beginning / end of each hill workout.

## Key:

**RR:** Riverside Run

**HI:** Hill Intervals

**ST:** Strength Train

**XT:** Cross Train

**BW:** Brisk Walk

