

Program 5: Intermediate Plus

4 days of running per week

2 days of strength training

1 day of non-impact cardio cross training/intervals

Intermediate Plus	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY LONG RUN	SUNDAY Recovery run	Total Mileage
Week 1 - 11/27	5 SP	ST	5		OFF	8	5 easy	23
Week 2 - 12/4	6 SP	ST	5		OFF	8 - 10	5 easy	25
Week 3 - 12/11	6 SP	ST	6	XT/ST	OFF	10	5 easy	27
Week 4 - 12/18	7 SP	ST	6	XT/ST	OFF	12	5 easy	30
Week 5 - 12/25	7 SP	ST	6 - HI	XT/ST	OFF	10	6 easy	29
Week 6 - 1/1	7 SP	ST	6 - HI	XT/ST	OFF	12 - 14	5 easy	32
Week 7 - 1/8	7 SP	ST	7 - HI	XT/ST	OFF	10 RR #1	7 easy	33
Week 8 - 1/15	7 tempo	ST	7 - HI	XT/ST	OFF	14 - 16	5 easy	35
Week 9 - 1/22	8 tempo	ST	7 - HI	XT/ST	OFF	10 - 12 RR #2	7 easy	30
Week 10 - 1/29	8 tempo	ST	8 - HI	XT/ST	OFF	16 - 18	6 easy	40
Week 11 - 2/5	8 tempo	ST	9 - HI	XT/ST	OFF	10 - 12 RR#3	8 easy	37
Week 12 - 2/12	8 tempo	ST	9 - HI	XT/ST	OFF	18 - 20	4 easy	41
Week 13 - 2/19	9 tempo	ST	9 - HI	XT/ST	OFF	10 - 12 RR #4	8 easy	36
Week 14 - 2/26	9 tempo	ST	10 - HI	XT/ST	OFF	18 - 20+	4 easy	43
Week 15 - 3/4	9 tempo	ST	10 - HI	XT/ST	OFF	10 - 12 RR #5	6 easy	37
Week 16 - 3/11	10 tempo	ST	10 - HI	XT/ST	OFF	20 - 22	8 easy	50
Week 17 - 3/18	10 tempo	ST	9 - HI	XT/ST	OFF	14	8 easy	41
Week 18 - 3/25	10 tempo	ST	9 - HI	XT/ST	OFF	10 - 12	3 easy	34
Week 19 - 4/1	10 tempo	ST	6 - HI	XT/ST	OFF	8 - 10	7 easy	31
Week 20 - 4/8	6		2 - HI	XT	OFF	3	6 easy	17
April 15 2024	RACE DAY							

Program Overview:

Progression: Very gradual **Injury Risk:** slightly higher than beginner

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

SP: Steady Pace