

Program 4: Intermediate

4 days of running per week
2 days of strength training

Ideal for beginners who are motivated to do strength work in addition to running

	MONDAY Steady pace	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Long run	SUNDAY	Total Mileage
Week 1 - 7/1	4	XT/ST	6 - steady pace	XT/ST		8	5	23
Week 2 - 7/8	4	XT/ST	6 - steady pace	XT/ST		10+	5	25
Week 3 - 7/15	5	XT/ST	6 - steady pace	XT/ST		10	6	27
Week 4 - 7/22	5	XT/ST	6 - steady pace	XT/ST		10-12	5	28
Week 5 - 7/29	5	XT/ST	6 - steady pace	XT/ST		12	7	30
Week 6 - 8/5	5	XT/ST	7 - steady pace	XT/ST		12-14	5	31
Week 7 - 8/12	6	XT/ST	7 - Hill Intervals	XT/ST		10-12	7	32
Week 8 - 8/19	6	XT/ST	8 - Hill Intervals	XT/ST		14-16	6	34
Week 9 - 8/26	6	XT/ST	8 - Hill Intervals	XT/ST		10-12	8	34
Week 10 - 9/2	6	XT/ST	8 - Hill Intervals	XT/ST		16-18-20	4	38
Week 11 - 9/9	7	XT	9 - Hill Intervals	XT/ST		10-12	8	36
Week 12 - 9/16	7	XT	9 - Hill Intervals	XT/ST		18-20+	4	40
Week 13 - 9/23	8	XT	9 - Hill Intervals	XT/ST		10-12	6	35
Week 14 - 9/30	8	XT	10 - Hill Intervals	XT/ST		20-22	8	48
Week 15 - 10/7	8	XT	8 - Hill Intervals	XT/ST		14	8	38
Week 16 - 10/14	6	XT	8 - Hill Intervals	XT/ST		10-12	3	31
Week 17 - 10/21	6	XT	6 - Hill Intervals	XT/ST		8-10	7	29
Week 18 - 10/28	5	XT	4	XT/ST	3	2	RACE DAY	

Hill Intervals start week 7

Starting Weekly Mileage: 14 miles Key Runs: hill intervals and & long runs Progression: Very gradual

ST: Strength Train

Note: An additional day of non-impact cardio can be added if desired

Highest Mileage Week: 50 miles

Longest Run: 22 miles

Injury Risk: very low