

Program 5: Intermediate plus

4 days of running per week
 2 days of strength training
 1 day of non-impact cardio cross training/intervals

	MONDAY Steady pace	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Long run	SUNDAY	Total Mileage
Week 1 - 7/1	6	ST	6	XT/ST		8	5	27
Week 2 - 7/8	7	ST	6 - steady pace	XT/ST		10+	5	30
Week 3 - 7/15	7	ST	6 - steady pace	XT/ST		10	6	29
Week 4 - 7/22	7	ST	6 - steady pace	XT/ST		10-12	5	30
Week 5 - 7/29	7 Tempo	ST	6 - steady pace	XT/ST		12	7	32
Week 6 - 8/5	7 Tempo	ST	7 - steady pace	XT/ST		12-14	5	33
Week 7 - 8/12	8 Tempo	ST	7 - Hill Intervals	XT/ST		10-12	7	34
Week 8 - 8/19	8 Tempo	ST	8 - Hill Intervals	XT/ST		14-16	6	34
Week 9 - 8/26	8 Tempo	ST	8 - Hill Intervals	XT/ST		10-12	8	38
Week 10 - 9/2	8 Tempo	ST	8 - Hill Intervals	XT/ST		16-18-20	4	40
Week 11 - 9/9	9 Tempo	ST	9 - Hill Intervals	XT/ST		10-12	8	37
Week 12 - 9/16	9 Tempo	ST	9 - Hill Intervals	XT/ST		18-20+	4	42
Week 13 - 9/23	9 Tempo	ST	10 - Hill Intervals	XT/ST		10-12	6	31
Week 14 - 9/30	10 Tempo	ST	10 - Hill Intervals	XT/ST		20-22	8	50
Week 15 - 10/7	10 Tempo	ST	8 - Hill Intervals	XT/ST		14	8	40
Week 16 - 10/14	10 Tempo	ST	8 - Hill Intervals	XT/ST		10-12	3	32
Week 17 - 10/21	8 Tempo	ST	5 - Hill Intervals	XT/ST		8-10	7	30
Week 18 - 10/28	6	ST	2 - Hill Intervals	XT	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