

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

Beginner A	MONDAY Steady pace	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Total Milage
Week 1 - 11/18	4	XT/ST	6	ST/XT		8 - Long Run		14
Week 2 - 11/25	4	XT/ST	6	ST/XT		10 - Long Run		20
Week 3 - 12/2	4	XT/ST	6	ST/XT		12 - Long Run		22
Week 4 - 12/9	4	XT/ST	6	ST/XT		10 - Long Run		20
Week 5 - 12/16	4	XT/ST	6	ST/XT		12 - Long Run		22
Week 6 - 12/23	4	XT/ST	6 - Hill Intervals	ST/XT		12 - Long Run		22
Week 7 - 12/30	5	XT/ST	6 - Hill Intervals	ST/XT		10 - Long Run*		21
Week 8 - 1/6	5	XT/ST	6 - Hill Intervals	ST/XT		12 - 14 - Long Run		23
Week 9 - 1/13	5	XT/ST	6 - Hill Intervals	ST/XT		10 - Long Run*		21
Week 10 - 1/20	5	XT/ST	7 - Hill Intervals	ST/XT		12 - 14 - 18 Long Run		26
Week 11 - 1/27	6	XT/ST	7 - Hill Intervals	ST/XT		10 - Long Run*		23
Week 12 - 2/3	6	XT/ST	8 - Hill Intervals	ST/XT		14 - 16 - Long Run		30
Week 13 - 2/10	6	XT/ST	8 - Hill Intervals	ST/XT		10 - Long Run*		24
Week 14 - 2/17	6	XT/ST	8 - Hill Intervals	ST/XT		14 - 16 - 18 - Long Run		32
Week 15 - 2/24	7	XT	9 - Hill Intervals	ST/XT		10 - Long Run*		26
Week 16 - 3/2	7	XT	9 - Hill Intervals	ST/XT		16 - 18 - 20 - Long Run		36
Week 17 - 3/9	8	XT	9 - Hill Intervals	ST/XT		10 - Long Run*		27
Week 18 - 3/16	8	XT	10-Hill Intervals	ST/XT		12 - 14 - Long Run		32
Week 19 - 3/23	8	XT	8 - Hill Intervals	ST/XT		18 - 22 - Long Run		38
Week 20 - 3/30	6	XT	8 - Hill Intervals	ST/XT		8 - 10 - 12 - Long Run		26
Week 21 - 4/6	6	XT	6 - Hill Intervals	ST/XT		8 - Long Run		20
Week 22 - 4/13	5		4			3		13
APRIL 20, 2020	RACE DAY					* = Riverside Run		

XT/ST = Cross train (Non-impact cardio mixed with strength training) - See cross training guide on furey262.com

Starting Milage: 18 miles
Longest Run: 20 - 22 miles

Highest Milage Week: 38 miles
Injury Risk: very low