

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 - 11/26	4	XT/ST	5	XT/ST		6 - 8		16
Week 2 - 12/5	4	XT/ST	5	XT/ST		6 - 8		17
Week 3 - 12/12	4	XT/ST	6	XT/ST		8 - 10		20
Week 4 - 12/19	4	XT/ST	6	XT/ST		10+		20
Week 5 - 12/26	5	XT/ST	6	XT/ST		10 - 12		23
Week 6 - 1/2	5	XT/ST	6	XT/ST		12		23
Week 7 - 1/9	5	XT/ST	6 - HI	XT/ST		10 RR #1		21
Week 8 - 1/16	5	XT/ST	6 - HI	XT/ST		12 - 14		25
Week 9 - 1/23	6	XT/ST	7 - HI	XT/ST		10 RR #2		23
Week 10 - 1/30	6	XT/ST	7 - HI	XT/ST		14 - 16+		29
Week 11 - 2/6	6	XT/ST	8 - HI	XT/ST		10 RR#3		24
Week 12 - 2/13	6	XT/ST	8 - HI	XT/ST		16 - 18 - 20		34
Week 13 - 2/20	7	XT	9 - HI	XT/ST		10 RR #4		26
Week 14 - 2/27	7	XT	9 - HI	XT/ST		18 - 20		36
Week 15 - 3/6	8	XT	10 - HI	XT/ST		10 RR #5		28
Week 16 - 3/13	8	XT	10 - HI	XT/ST		18 - 20 - 22		40
Week 17 - 3/20	8	XT	8 - HI	XT/ST		12 - 14		30
Week 18 - 3/27	6	XT	8 - HI	XT/ST		10 - 12		25
Week 19 - 4/3	6	XT	6 - HI	XT/ST		8		20
Week 20 - 4/10	5		4			2		12
April 17 2023	RACE DAY							

Program Overview:

Starting Weekly Mileage: 16 miles

Key Runs: hill intervals & long runs

Progression: Very gradual

Highest Mileage Week: 40 miles

Longest Run: 20 miles

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