

Program 4: Intermediate Plus

4 days of running per week

2 days of strength training

1 days of non-impact cardio cross training/intervals

| Beginner A | MONDAY Steady pace | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | Total Milage |
|-------------------|-----------------------|---------|--------------------|----------|--------|-------------------------|------------|-----------------|
| Week 1 - 11/18 | 4 | ST | 6 | ST/XT | | 8 - Long Run | 5 recovery | 23 |
| Week 2 - 11/25 | 5 | ST | 6 | ST/XT | | 10 - Long Run | 5 recovery | 26 |
| Week 3 - 12/2 | 5 | ST | 6 | ST/XT | | 12 - Long Run | 5 recovery | 28 |
| Week 4 - 12/9 | 6 | ST | 6 | ST/XT | | 10 - Long Run | 6 recovery | 28 |
| Week 5 - 12/16 | 6 | ST | 6 | ST/XT | | 10 - 14 - Long Run | 5 recovery | 31 |
| Week 6 - 12/23 | 7 | ST | 6 - Hill Intervals | ST/XT | | 12 - Long Run | 5 recovery | 30 |
| Week 7 - 12/30 | 7 | ST | 6 - Hill Intervals | ST/XT | | 10.5 - Long Run* | 6 recovery | 29 |
| Week 8 - 1/6 | 7 | ST | 6 - Hill Intervals | ST/XT | | 14 - 16 - 18 - Long Run | 5 recovery | 34 |
| Week 9 - 1/13 | 7 tempo | ST | 6 - Hill Intervals | ST/XT | | 10.5 - Long Run* | 7 recovery | 30 |
| Week 10 - 1/20 | 7 tempo | ST | 7 - Hill Intervals | ST/XT | | 14 - 16 - 18 Long Run | 5 recovery | 37 |
| Week 11 - 1/27 | 8 Tempo | ST | 7 - Hill Intervals | ST/XT | | 10.5 - Long Run* | 7 recovery | 32 |
| Week 12 - 2/3 | 8 Tempo | ST | 8 - Hill Intervals | ST/XT | | 14 - 16 - 18 - Long Run | 6 recovery | 40 |
| Week 13 - 2/10 | 8 Tempo | ST | 8 - Hill Intervals | ST/XT | | 10.5 - Long Run* | 8 recovery | 34 |
| Week 14 - 2/17 | 8 Tempo | ST | 8 - Hill Intervals | ST/XT | | 18 - 20 - Long Run | 4 recovery | 40 |
| Week 15 - 2/24 | 9 Tempo | ST | 9 - Hill Intervals | ST/XT | | 10.5 - Long Run* | 8 recovery | 36 |
| Week 16 - 3/2 | 9 Tempo | ST | 9 - Hill Intervals | ST/XT | | 18 - 20 - Long Run | 4 recovery | 42 |
| Week 17 - 3/9 | 9 Tempo | ST | 10-Hill Intervals | ST/XT | | 10.5 - Long Run* | 6 recovery | 34 |
| Week 18 - 3/16 | 10 Tempo | ST | 10-Hill Intervals | ST/XT | | 12 - 14 - Long Run | 8 recovery | 40 |
| Week 19 - 3/23 | 10 Tempo | ST | 8 - Hill Intervals | ST/XT | | 18 - 22 - Long Run | 3 recovery | 43 |
| Week 20 - 3/30 | 10 Tempo | ST | 8 - Hill Intervals | ST/XT | | 10 - 12 - Long Run | 7 recovery | 35 |
| Week 21 - 4/6 | 8 Tempo | ST | 5 - Hill Intervals | ST/XT | | 8 - 10 - Long Run | 6 recovery | 29 |
| Week 22 - 4/13 | 6 | | 2 - Hill Intervals | XT | | 3 | | 11 |
| APRIL 20, 2020 | RACE DAY | | | | | * = Riverside Run | | |

XT = Cross train (Non-impact cardio) - See cross training guide on furey262.com

ST = Strength train - See strength training guide on furey262.com

Tempo Run = 15 - 20 minutes of fairly hard running in middle of run

Starting Milage: 23 miles

Longest Run: 20 - 22 miles

Highest Milage Week: 43 miles

Injury Risk: slightly higher than beginner