

Program 5: Intermediate Plus

4 days of running per week

2 days of strength training

1 day of non-impact cardio cross training/intervals

Intermediate Plus	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY LONG RUN	SUNDAY Recovery run	Total Milage
Week 1 - 11/26	5	ST	5			8	5	23
Week 2 - 12/5	6	ST	5			8 - 10	5	25
Week 3 - 12/12	6	ST	6	XT/ST		10	5	27
Week 4 - 12/19	7	ST	6	XT/ST		12	5	30
Week 5 - 12/26	7	ST	6 - HI	XT/ST		10	6	29
Week 6 - 1/2	7	ST	6 - HI	XT/ST		12 - 14	5	32
Week 7 - 1/9	7	ST	7 - HI	XT/ST		10 RR #1	7	33
Week 8 - 1/16	7 tempo	ST	7 - HI	XT/ST		14 - 16	5	35
Week 9 - 1/23	8 tempo	ST	7 - HI	XT/ST		10 - 12 RR #2	7	30
Week 10 - 1/30	8 tempo	ST	8 - HI	XT/ST		16 - 18	6	40
Week 11 - 2/6	8 tempo	ST	9 - HI	XT/ST		10 - 12 RR#3	8	37
Week 12 - 2/13	8 tempo	ST	9 - HI	XT/ST		18 - 20	4	41
Week 13 - 2/20	9 tempo	ST	9 - HI	XT/ST		10 - 12 RR #4	8	36
Week 14 - 2/27	9 tempo	ST	10 - HI	XT/ST		18 - 20+	4	43
Week 15 - 3/6	9 tempo	ST	10 - HI	XT/ST		10 - 12 RR #5	6	37
Week 16 - 3/13	10 tempo	ST	10 - HI	XT/ST		20 - 22	8	50
Week 17 - 3/20	10 tempo	ST	9 - HI	XT/ST		14	8	41
Week 18 - 3/27	10 tempo	ST	9 - HI	XT/ST		10 - 12	3	34
Week 19 - 4/3	10 tempo	ST	6 - HI	XT/ST		8 - 10	7	31
Week 20 - 4/10	6		2 - HI	XT		3	6	17
April 17 2023	RACE DAY							

Program Overview:

Starting Weekly Mileage: 23 miles

Key Runs: hill intervals & long runs

Progression: Very gradual

Highest Mileage Week: 50 miles

Longest Run: 20 - 22 miles

Injury Risk: slightly higher than beginner

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

SP: Steady Pace