

Intermediate Training Plan

See pace chart on page 17 for specific pace breakdown; track workouts will have separate pace chart

	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 1 June 7-13	3 mi @ E	4 mi @ E + Strength	6-8 x 200m @ 5k-1mi pace Equal jog rest	3 mi @ E + Strength	Rest	8 mi @ LR	Rest
Week 2 June 14-20	4 mi @ E	5 mi @ E + Strength	6-8 x 400m @ 10k-5k pace Equal jog rest	4 mi @ E + Strength	Rest	9 mi @ LR	Rest
Week 3 June 21-27	4 mi @ E	5 mi @ E + Strength	6-8 x 600m @ 10k-5k pace 3 min rest	3 mi @ E + Strength	Rest	7 mi @ LR	Rest
Week 4 June 28-July 4	4 mi @ E	5 mi @ E + Strength	6-8 x 800m Yasso Format 3-4 min rest	5 mi @ E + Strength	Rest	11 mi @ LR	Rest
Week 5 July 5-11	4 mi @ E	6 mi @ E + Strength	200m, 400m, 600m, 800m, 600m, 400m, 200m @ 5k-1 mi pace 3-4 min rest	4 mi @ E + Strength	Rest	12 mi @ LR	Rest
Week 6 July 12-18	5 mi @ E	6 mi @ E + Strength	1 mi, 800m, 600m, 400m, 200m @ Tempo-5k pace 2 min rest	4 mi @ E + Strength	Rest	10 mi @ LR	Rest
Week 7 July 19-25	5 mi @ E	6 mi @ E + Strength	3 sets (2 x 200 m + 1 x 600m) @ 10k-5k pace Equal jog rest	6 mi @ E + Strength	Rest	14 mi @ LR	Rest
Week 8 July 26-Aug 1	5 mi @ E	6 mi @ E + Strength	8-10 x 400m @ 10k-5k pace Equal jog rest	6 mi @ E + Strength	Rest	15 mi @ LR	Rest
Week 9 Aug 2-8	5 mi @ E	6 mi @ E + Strength	8-10 x 600m @ 10k-5k pace 3 min rest	4 mi @ E + Strength	Rest	13 mi @ LR	Rest
Week 10 Aug 9-15	6 mi @ E	7 mi @ E + Strength	8-10 x 800m Yasso Format 2-3 min rest	6 mi @ E + Strength	Rest	17 mi @ LR	Rest
Week 11 Aug 16-22	6 mi @ E	7 mi @ E + Strength	4-5 x 1000m @ Tempo-5k pace 2-3 min rest	6 mi @ E + Strength	Rest	18 mi @ LR	Rest
Week 12 Aug 23-29	5 mi @ E	6 mi @ E + Strength	4-5 x 1200m @ Tempo-5k pace 2-3 min rest	4 mi @ E + Strength	Rest	14 mi @ LR	Rest
Week 13 Aug 30-Sept 5	7 mi @ E	8 mi @ E + Strength	400m, 600m, 800m, 1200m, 800m, 600m, 400m @ 10k-1 mi pace 3 min rest	6 mi @ E + Strength	Rest	20 mi @ LR	Rest
Week 14 Sept 6-12	7 mi @ E	8 mi @ E + Strength	1mi, 1k, 800m, 400m @ Tempo-5k cutdown 2 min rest	5 mi @ E + Strength	Rest	14 mi @ LR	Rest
Week 15 Sept 13-19	7 mi @ E	8 mi @ E + Strength	2 x 1200m @ Tempo, 1 x 1k @ 5k pace, 4 x 400m @ 1 mi pace 2-3 min rest	7 mi @ E	Rest	Rest	R2R 20 Miler
Week 16 Sept 20-26	5 mi @ E or Rest	6 mi @ E + Strength	2 x 1k @ Tempo, 2 x 800m @ 5k pace, 4 x 400m @ 1 mi pace 2-3 min rest	4 mi @ E	Rest	12 mi @ LR	Rest
Week 17 Sept 27-Oct 3	4 mi @ E	5 mi @ E + Strength	6-8 x 200m @ 5k-1 mi pace Equal jog rest	3 mi @ E	Rest	8 mi @ LR	Rest
Week 18 Oct 4-10	3 mi @ E	4 mi @ E	3 x 1 mi @ marathon pace 2 min rest	3 mi @ E	Rest	Rest	Race