

INTERMEDIATE

See pace chart on page 18 for specific pace breakdown; track workouts will have separate pace chart

	MON	TUE	WED	THUR	FRI	SAT	SUN
Week 1 June 6-12	3 mi @ E	4 mi @ E + Strength	6-8 x 200m @ 5k-1 mi pace Equal jog rest	3 mi @ E + Strength	Rest	8 mi @ LR	Rest
Week 2 June 13-19	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 20-26	4 mi @ E	5 mi @ E + Strength	6-8 x 600m @ 10k-5k pace Equal jog rest	3 mi @ E + Strength	Rest	7 mi @ LR	Rest
Week 4 June 27-July 3	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 4-10	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 11-17	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 18-24	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 25-31	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 1-7	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 8-14	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 15-21	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 22-28	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 29-Sept 4	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 5- 11	7 mi @ E	8 mi @ E + Strength	2k, 1k, 800m, 400m @ Tempo-5k cutdown 2 min rest	5 mi @ E + Strength	Rest	14 mi @ LR	Rest
Week 15 Sept 12-18	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 19-25	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 26-Oct 2	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 3-9	3 mi @ E	4 mi @ E	3 x 1 mi @ marathon pace 2 min rest	3 mi @ E	Rest	Rest	Race