

INTERMEDIATE

See pace chart on page 20 for specific pace breakdown; track workouts will have separate pace chart

| | MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------------------------------|---------------------|------------------------|---|------------------------|------|------------|-------------------------|
| Week 1 June 5-11 | 3 mi @ E | 4 mi @ E + Strength | 8 x 200m @ 5k-1mi pace Equal jog rest | 3 mi @ E + Strength | Rest | 8 mi @ LR | Rest |
| Week 2 June 12-18 | 4 mi @ E | 5 mi @ E + Strength | 8 x 400m @ 5k-1mi pace Equal jog rest | 4 mi @ E + Strength | Rest | 9 mi @ LR | Rest |
| Week 3 June 19-25 | 4 mi @ E | 5 mi @ E + Strength | 8 x 600m @ 5k-1mi pace 3min. rest | 3 mi @ E + Strength | Rest | 7 mi @ LR | Rest |
| Week 4 June 26-July 2 | 4 mi @ E | 5 mi @ E + Strength | 6 x 800m "Yasso Format" 3-4 min rest | 5 mi @ E + Strength | Rest | 11 mi @ LR | Rest |
| Week 5 July 3-9 | 4 mi @ E | 6 mi @ E + Strength | 2 x 800m, 4 x 400m @ 5k-1mi pace 3min. rest | 4 mi @ E + Strength | Rest | 12 mi @ LR | Rest |
| Week 6 July 10-16 | 5 mi @ E | 6 mi @ E + Strength | 2 x 800m, 2 x 600m, 2 x 200m @ 5k-1mi pace (2-3min. rest) | 4 mi @ E + Strength | Rest | 10 mi @ LR | Rest |
| Week 7 July 17-23 | 5 mi @ E | 6 mi @ E + Strength | 3 sets (400m, 600m) @ 5k pace 3min. walk or jog rest | 6 mi @ E + Strength | Rest | 14 mi @ LR | Rest |
| Week 8 July 24-30 | 5 mi @ E | 6 mi @ E + Strength | 10 x 400m @ 10k-5k pace 1-2min. rest | 6 mi @ E + Strength | Rest | 15 mi @ LR | Rest |
| Week 9 July 31-Aug 6 | 5 mi @ E | 6 mi @ E + Strength | 8 x 800m "Yasso Format" 2-3min. rest | 4 mi @ E + Strength | Rest | 13 mi @ LR | Rest |
| Week 10 Aug 7-13 | 6 mi @ E | 7 mi @ E + Strength | 5 x 1000m @ 10k pace 2-3min. rest | 6 mi @ E + Strength | Rest | 17 mi @ LR | Rest |
| Week 11 Aug 14-20 | 6 mi @ E | 7 mi @ E + Strength | 5 x 1200m @ 10k pace 2-3min. rest | 6 mi @ E + Strength | Rest | 18 mi @ LR | Rest |
| Week 12 Aug 21-27 | 5 mi @ E | 6 mi @ E + Strength | 1600m, 1200m, 800m, 400m @ Tempo-5k pace (3min. rest) | 4 mi @ E + Strength | Rest | 14 mi @ LR | Rest |
| Week 13 Aug 28-Sept 3 | 7 mi @ E | 8 mi @ E + Strength | 400m, 600m, 800m, 1000m, 800m, 600m, 400m @ 10k-1mi pace 3min. rest | 6 mi @ E + Strength | Rest | 20 mi @ LR | Rest |
| Week 14 Sept 4- 10 | 7 mi @ E | 8 mi @ E + Strength | 2 x 1mi @ Tempo, 4 x 400m @ 5k pace 2min. rest | 5 mi @ E + Strength | Rest | 14 mi @ LR | Rest |
| Week 15 Sept 11-17 | 7 mi @ E | 8 mi @ E + Strength | 3 x 1200m @ Tempo, 2 x 600m @ 5k 2-3min. rest | 7 mi @ E | Rest | Rest | R2R 20 Miler |
| Week 16 Sept 18-24 | 5 mi @ E or Rest | 6 mi @ E + Strength | 3 x 1000m @ Tempo, 3 x 400m @ 1mi 2-3min. rest | 4 mi @ E | Rest | 12 mi @ LR | Rest |
| Week 17 Sept 25-Oct 1 | 4 mi @ E | 5 mi @ E + Strength | 6 x 200m @ 5k-1 mi pace Equal jog rest | 3 mi @ E | Rest | 8 mi @ LR | Rest |
| Week 18 Oct 2-8 | 3 mi @ E | 4 mi @ E | 3 x 1 mi @ marathon pace 2 min rest | 3 mi @ E | Rest | Rest | Race |