



### Intermediate Plan

If you run regularly but are looking to step up your game a little bit or just need some structure to follow this is your plan. The goal of this plan is to be able to cover 13.1 miles at the end of the 8 weeks, starting with a run of 6-7 miles in length. This plan includes one long run and one harder workout each week. Be sure the non-workout days are run at an easy pace, a pace where you can breathe comfortably and could hold a casual conversation with someone.

	Monday Plan	Tuesday Plan	Wednesday Plan	Thursday Plan	Friday Plan	Saturday Plan	Sunday Plan
<b>Week 1</b>	3 miles easily	Rest or Walk	Rest or Walk	2 mile easy warmup; 5 x (2min quicker / 2 min easily); 1 mile easy cool down	Rest or Walk	6-7 mile long run	OFF
<b>Week 2</b>	3 miles easily	2 mile easy warmup; 3 sets of hill repeats (45sec/30sec/15sec); jog to bottom of hill btw each and take an extra 60sec btw sets; 1 mile easy cool down	Rest or Walk	4 miles easily	Rest or Walk	7-8 mile long run	OFF
<b>Week 3</b>	3 miles easily	2 mile easy warmup; 4 x 8min starting 5-10sec/mile slower than 10k pace and finishing at or 5-10sec quicker (1:30-2min rest btw each 8min piece); 1 mile easy cool down	Rest or Walk	4 miles easily	Rest or Walk	8-9 mile long run	OFF
<b>Week 4</b>	3 miles easily	2 mile easy warmup; 15min @ 15-20sec/mile slower than 5k pace; 3min rest; 12min starting 15-20sec slower than 5k and progressing every 4min to finish the final 4min at 5k pace; 1 mile easy cool down	Rest or Walk	5 miles easily	Rest or Walk	9-10 mile long run	OFF
<b>Week 5</b>				Delivered Friday, May 1, 2020			
<b>Week 6</b>				Delivered Friday, May 8, 2020			
<b>Week 7</b>				Delivered Friday, May 15, 2020			
<b>Week 8</b>				Delivered Friday, May 22, 2020			