



# TRAINING PLAN

# INTERMEDIATE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
<b>1</b>	3 EASY	3 OR OFF	3 - 4 EASY	OFF	4 - 5 HILLY	6 EASY	OFF	16 - 20
<b>2</b>	3 EASY	3 OR OFF	3 - 4 EASY	4 HILLY MORNING	OFF	6 - 7 EASY	4 HILLY	20 - 25
<b>3</b>	3 EASY	3 OR OFF	4 EVENING	4 HILLY MORNING	OFF	6 - 7 EASY	4 HILLY	17 - 21
<b>4</b>	3 EASY	3, STRIDES	3 MORNING 3 EVENING	5 HILLY MORNING	OFF	7 - 8 EASY	4 HILLY	18 - 25
<b>5</b>	3 EASY	3, STRIDES	3 MORNING 3 EVE TEMPO	5 HILLY MORNING	OFF	7 - 9 EASY	4 HILLY	28 - 30
<b>6</b>	3 EASY	3, STRIDES	3 MORNING 4 EVE TEMPO	5 HILLY MORNING	OFF	8 - 10	4 HILLY	30 - 32
<b>7</b>	3 EASY	3, STRIDES	3 MORNING 4 EVE TEMPO	4 HILLY MORNING	OFF	7 - 9	4 HILLY	28 - 31
<b>8</b>	3 EASY	3, STRIDES	3 EASY	4 HILLY	OFF	6 - 8	OFF	19 - 21
<b>9</b>	3 EASY	3 EASY, STRIDES	OFF	3 EASY	OFF	RACE DAY	OFF, EAT & ICE!	

Special thanks to Ann Ringlein of the Lincoln Running Company

Having consistent miles is very important, so even if you can't get in quite the mileage scheduled, getting out and getting in some miles is huge! Midway through the schedule you'll notice that you will be running twice a day, then again the next morning which is to get your body used to performing close intervals. This is called training specificity. One very important element for an event like this is nutrition. Fueling yourself after that first morning run will set you up well for the remaining other 2 or 3 runs. Immediately after the first run fuel yourself with some good carbohydrates and a bit of protein and the next 2 runs will go better. Tapering the last two weeks is also crucial. Even if you haven't gotten in all the miles you will still need to back off the last two weeks. At that point in training there is nothing more you can do to help, but adding more stress could definitely hurt you! **HILLY:** Doing a hilly route on the second day in the morning, and then again the day after a long run is just to add a bit more of a challenge and will likely encounter hills during the course. **TEMPO:** Runs that are "comfortably hard" Added after a few weeks if you do any faster will sabotage your next morning run. **STRIDES:** After all of this running you will need these to keep your fast twitch muscles, fast. These are done after an easy run and 4 to 6 50 meter strides, or just running fast.