

# 2017 INTERMEDIATE TRAINING PLAN

The INTERMEDIATE workout was designed for someone who can currently comfortably run 2-3 mile, or has trained for a race before.

Intermediates should focus on keeping their pace below 06.10 min/km. The base pace will lower as endurance and speed build throughout the programme, but define it as a pace you are able to comfortably hold while still carrying on with a conversation.

**TRACK/SPEED WORKOUTS** are ideally done on outdoor track, but treadmill running can also work well for winter training.

**NON-IMPACT TRAINING** should be incorporated throughout the workout. Yoga, spinning and/or swimming are highly recommended – activities that keep the body moving but aren't overly intensive on the body.



WEEK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY KM
1	Easy run for 5km at base pace (Goal: less than 06.10/km)	Keep it light with non-impact cross-training	Mix it up: 1km warm-up, 8 x 400m staggered run/jog, 4 x 200m with 60 sec stops, 1km cool down	Cruise for 5km at base pace	Take it easy! Rest or cross-train	Steady 7km run at base pace	Rest or cross-train. Make sure you're fresh for week 2	23km
2	Easy run for 3-5km at base pace	Keep it light with non-impact cross-training	Take up the tempo for 6km. First 1.5km at base pace, then 3km at 30 seconds less than base pace (90 sec rest after each 1.5km if needed), last 1.5km at base pace	Easy run for 5-6.5km at base pace	Take it easy! Rest or cross-train	Cruise for 9.5km at base pace	Rest or cross-train. Make sure you're fresh for week 3	23.5 – 27km
3	Easy run for 3-5km at base pace	Keep it light with non-impact cross-training	Mix it up: 1.5km warm up, then 2 x 800m sprints (Goal: 4 min or less), 4 x 400m sprints (Goal: 92 sec or less), 4 x 200m sprints (Goal: 40 sec or less), 2km cool down	Easy run for 6.5km at base pace	Take it easy! Rest or cross-train	Run it out for 11km	Rest or cross-train. Make sure you're fresh for week 4	28 – 30km
4	Easy run for 6.5km at base pace	Keep it light with non-impact cross-training	Take up the tempo for 6km: first 1.5km at base pace, then 3km at 30 seconds less than base pace (60 seconds rest in between each km if needed), 1.5km at base pace +15 seconds	Cruise for 5km at base pace	Take it easy! Rest or cross-train	Run it out for 11km	Rest or cross-train. Make sure you're fresh for week 5	28.5km
5	Easy run for 5-6.5km at base pace	Keep it light with non-impact cross-training	Easy run for 8km at base pace	Easy run for 3-5km at base pace	Take it easy! Rest or cross-train	Cruise for 9.5km at base pace	Rest or cross-train. Make sure you're fresh for week 6	25.5 – 29km
6	Easy run for 3-5km at base pace	Keep it light with non-impact cross-training	Kick up the speed: 4 x 800m (Goal: 2 min seconds or less, rest is walk/jog 400m), 1.5km cool down	Easy run for 5-6.5km at base pace	Take it easy! Rest or cross-train	Run it out for 11km	Rest or cross-train. Make sure you're fresh for week 7	23.7 – 27.2km
7	Easy run for 5-6.5km at base pace	Keep it light with non-impact cross-training	Take up the tempo for 8km: First 1.5km at base pace, then 5km negative splits (Goal: is to cut 5-10 seconds off each 1.5km), then slow 1.5km cool down	Easy run for 3-5km at base pace	Take it easy! Rest or cross-train	Cruise for 9.5km at base pace	Rest or cross-train. Make sure you're fresh for week 8	25.5km – 29km
8	Easy run for 3-5km at base pace	Keep it light with non-impact cross-training	Cruise for 8km at base pace	Easy run for 3km at base pace	Take it easy! Rest or cross-train	Long run for 13km at base pace	Rest or cross-train. Make sure you're fresh for week 9	27 – 29km
9	Easy run for 3km at base pace	Keep it light with non-impact cross-training	Kick up the speed with ladder work: 1.5km warm up, 4 x 200m, 2 x 400m, 2 x 800m, 2 x 400m, 4 x 200m. Rest is 60 seconds between intervals, 3 min between 800s (start of ladder descent). All out effort! 1.5km cool down	Easy run for 3km at base pace	Take it easy! Rest or cross-train	Cruise for 8km at base pace	Rest or cross-train. Make sure you're fresh for week 10	20.2km
10	Easy run for 3km at base pace	Keep it light with non-impact cross-training	Take up the tempo for 9.5km. First 1.5km at base pace, then 6.5km at goal race pace, cool down for the last 1.5km. Try to do this without stops	Easy run for 3-5km at base pace	Take it easy! Rest or cross-train	Long run for 13km at base pace	Rest or cross-train. Make sure you're fresh for week 11	28.5km – 30.5km
11	Easy run for 5-6.5km at base pace	Keep it light with non-impact cross-training	Take up the tempo for 7.5km. First 1.5km at goal pace, then 3km at goal pace -10 seconds (90 sec rest between if needed), then 1.5km at goal pace, cool down for last 1.5km	Easy run for 3-5km at base pace	Take it easy! Rest or cross-train	Long run for 13km at base pace	Rest or cross train. Make sure you're fresh for your last week of training!	28.5 – 32km
12	Take it easy! Rest or cross-train	Cruise for 5km at base pace	Easy run for 5km at base pace	Take up the tempo for 6.2km. 1.5km warm up, then 2 sets of 2 x 800m sprints (Goal: 4 min or less), rest for 60 sec between intervals and 2 min rest between sets, 1.5km cool down	Take it easy! Rest or cross-train	Rest up. Race day tomorrow!	<b>RACE DAY – GOOD LUCK!</b>	

