

TRAINING PLAN

INTERMEDIATE

	MON	TUE	WED	THU	FRI	SAT	SUN	
1	Rest Day	20 mins (8 min warm up - 30 sec fast, 90 sec normal x6)	Easy walk/cycle Strength Work	30 mins easy	Rest/ Strength	20 mins easy (optional)	35 mins (20 mins easy - 15 mins race pace)	BASE TRAINING
2	Rest Day	25 mins (5 min warm up - 30 sec fast, 90 sec normal x8 - 4 min Race Pace)	Easy walk/cycle Strength Work	35 mins easy	Rest/ Strength	20 mins easy (optional)	42 mins (27 mins easy - 15 mins race pace)	
3	Rest Day	30 mins (5 min warm up - 30 sec fast, 90 sec normal x10 - 5 min Race Pace)	Easy walk/cycle Strength Work	40 mins easy	Rest/ Strength	5k Race (Park Run)	50 mins (35 mins easy - 15 mins race pace)	
4	Rest Day	25 mins (5 min warm up - 30 sec fast, 90 sec normal x8 - 4 min Race Pace)	Easy walk/cycle Strength Work	33 mins easy	Rest/ Strength	20 mins easy (optional)	40 mins (25 mins easy - 15 mins race pace)	
5	Rest Day	30 mins (5 min warm up - 30 sec fast, 90 sec normal x10 - 5 min Race Pace)	Easy walk/cycle Strength Work	40 mins easy	Rest/ Strength	20 mins easy (optional)	48 mins (33 mins easy - 15 mins race pace)	
6	Rest Day	35 mins (5 min warm up - 30 sec fast, 90 sec normal x10 - 10 min Race Pace)	Easy walk/cycle Strength Work	45 mins easy	Rest/ Strength	5K Race (optional) (Park Run)	60 mins (60 mins easy)	
7	Rest Day	4 miles (1 mile warm up - 2 mins fast, 2 mins normal)	Easy walk/cycle Strength Work	3 miles easy	Rest/ Strength	20 mins easy (optional)	6 miles (4 miles easy - 2 miles race pace)	TRANSITION PHASE
8	Rest Day	4 miles (1 mile warm up - 2 mins fast, 2 mins normal)	Easy walk/cycle Strength Work	3 miles easy	Rest/ Strength	20 mins easy (optional)	7 miles (5 miles easy - 2 miles race pace)	
9	Rest Day	5 miles (1 mile warm up - 2 mins fast, 1 min normal)	Easy walk/cycle Strength Work	4 miles easy	Rest/ Strength	5k Race (Park Run)	8 miles (8 miles easy)	
10	Rest Day	4 miles (1 mile warm up - 800 metres x5 - 0.5 mile cooldown)	Easy walk/cycle Strength Work	3 miles (1 mile warm up - 2 mins fast, 2 mins normal)	Rest/ Strength	20 mins easy (optional)	7 miles (5 miles easy - 2 miles race pace)	
11	Rest Day	5 miles (1 mile warm up - 800 metres x6 - 1 mile cooldown)	Easy walk/cycle Strength Work	3 miles (1 mile warm up - 2 mins fast, 2 mins normal)	Rest/ Strength	20 mins easy (optional)	8 miles (6 miles easy - 2 miles race pace)	
12	Rest Day	5 miles (1 mile warm up - 800 metres x6 - 1 mile cooldown)	Easy walk/cycle Strength Work	4 miles (1 mile warm up - 2 mins fast, 1 mins normal)	Rest/ Strength	5K Race (optional) (Park Run)	10 miles (10 miles easy)	
13	Rest Day	4 miles (1 mile warm up - 1000 metres x4 - 800 metre cooldown)	Easy walk/cycle Strength Work	3 miles (0.5 mile warm up - 1000 metres x3 - 700 metre cooldown)	Rest/ Strength	20 mins easy (optional)	8 miles (6 miles easy - 2 miles race pace)	HIGH INTENSITY
14	Rest Day	5 miles (1 mile warm up - 1000 metres x6 - 400 metre cooldown)	Easy walk/cycle Strength Work	4 miles (1 mile warm up - 1000 metres x4 - 800 metre cooldown)	Rest/ Strength	20 mins easy (optional)	9 miles (3 miles easy - 2 miles race pace - 1 mile easy - 2 miles race pace)	
15	Rest Day	5 miles (1 mile warm up - 1000 metres x6 - 400 metre cooldown)	Easy walk/cycle Strength Work	4 miles (1 mile warm up - 1000 metres x4 - 800 metre cooldown)	Rest/ Strength	20 mins easy (optional)	11 miles (3 miles easy - 2 miles race pace - 1 mile easy, 2 miles race pace)x2)	
16	Rest Day	4 miles (1 mile warm up - 400 metres x10 - 800 metre cooldown)	Easy walk/cycle Strength Work	3 miles (1 mile warm up - 400 metres x6 - 800 metre cooldown)	Rest/ Strength	20 mins easy (optional)	5 miles (Slightly faster than race pace)	TAPER
17	Rest Day	3 miles (1 mile warm up - 400 metres x6 - 800 metre cooldown)	Rest	Easy walk/cycle Strength Work	Rest	20 mins easy shake out	13.1 miles	