

Intermediate Running Plan

This running plan is intended for a returning runner.

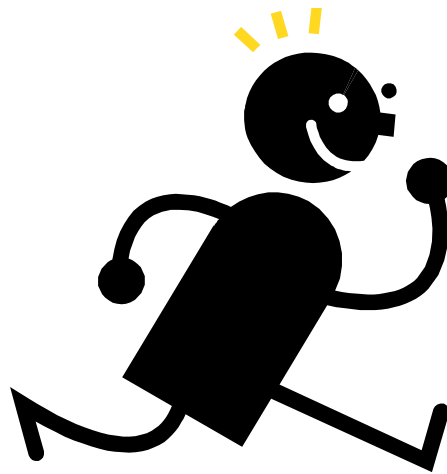
The first month focuses on building a base with speed starting the second month.

Definitions:

“Strides” – These are gradual accelerations where form is important. Start out at an easy pace with good form. Gradually pick up the pace for about 50 meters until you are near a sprint. Hold that speed for 30 meters and then decelerate for 20 meters. As your speed picks up, concentrate on maintaining good form. If your form breaks down, run slower on the next stride. (Signs of form breaking down: Head bouncing side to side, arms flailing from side to side, running with a jerky motion)

“Pick-ups” – During a run, pick up the pace for the specified time (ex. 30 seconds). After the pick-up, return to normal jogging pace for about the same time as the pick-up and then repeat for the number of times indicated.

“Tempo” – This is a longer time period where you maintain a faster speed. The speed should be constant throughout the entire time. Do not start too fast and then fade.



June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 20 min run	7 30 min run	8 25 min run	9 off	10 30 min run	11 35 min run
12 40 min run	13 off	14 25 min run	15 35 min run	16 25 min run	17 off	18 30 min run
19 45 min run	20 30 min run	21 40 min run	22 off	23 25 min run	24 30 min run	25 off
26 40 min run	27 20 min run	28 30 min run	29 off	30 25 min run		

July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 30 min run	2 Off
3 45 min run 4x100m strides	4 30 min run	5 35 min run 4x100m strides	6 off	7 40 min run 2x5 min tempo	8 20 min run	9 Off
10 50 min run 4x100m strides	11 25 min run	12 30 min run on hills	13 off	14 35 min run 1x10m tempo	15 30 min run	16 off
17 40 min run 4x100m strides	18 30 min run	19 35 min run 1x15 min tempo	20 off	21 30 min run 4x100m strides	22 40 min run on hills	23 off
24 45 min run on hills	25 30 min run 4x100m strides	26 35 min run 2x10min tempo	27 off	28 40 min run 5x30 sec pickups	29 20 min run	30 off
31 55 min run on hills						

August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 35 min run	2 30 min run 7x30 sec pickups	3 off	4 35 min run 6x100m strides	5 25 min run	6 off
7 50 min run 6x100m strides	8 35 min run	9 30 min run 5x1min pickups	10 off	11 40 min run with 1x20 min tempo	12 30 min run 6x100m strides	13 off
14 45 min run	15 First day of practice	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31