

Intermediate program

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Strength	24min Fartlek with 6x2 min surges (2min easy run between)	Cross train	Easy 8K over hills	Rest	Easy 6-8K	15K Long run
2	Strength	1000m/1500m/1000m @ 5-10K pace with 60/90/120sec walk/jog recoveries	Cross train	3K Tempo + 5x 150m Hill reps	Rest	Easy 6-8K	15K Long run
3	Strength	2x5min (90sec recovery) 2x4min (90sec recovery) 2x2min (60sec recovery)	Cross train	Easy 8K over hills	Rest	Easy 6-8K	13K Long run
4	Strength	4x1K @ 5K pace (90sec recovery)	Cross train	3K Tempo + 6x 150m Hill reps	Rest	Easy 6-8K	15K Long run
5	Strength	24min Fartlek including 6x2 min surges (2min easy run between)	Cross train	7x1K @HMP with 200m jog recovery	Rest	Easy 6-8K	15K Long run
6	Strength	1000m/1500m/1000m/500m @ 5-10K pace (60/90/120sec recoveries)	Cross train	8K Acceleration run	Rest	Easy 6-8K	17K Long run
7	Strength	2x5min (90sec recovery) 2x4min (90sec recovery) 2x2min (60sec recovery)	Cross train	4K Tempo + 6x 150m Hill reps	Rest	Easy 8-10K	13K Long run or 10k race
8	Strength	24min Fartlek including 6x2 min surges (2min easy run between)	Cross train	8x1K @HMP with 200m jog recovery	Rest	Easy 8-10K	17K Long run
9	Strength	4-5x1K @ 5K pace (90sec recovery)	Cross train	Easy 8-10k over hills	Rest	Easy 8-10k	18K Long run
10	Strength	500m/1000m/1500m/1000m /500m @ 5-10K pace (60/90/120sec recoveries)	Cross train	4K Tempo + 6x 150m Hill reps	Rest	Easy 8-10K	18K Long run
11	Strength	24min Fartlek including 6x2 min surges (2min easy run between)	Cross train	9x1K @HMP with 200m jog recovery	Rest	Easy 8-10k	15K Long run

12	Strength	2x5min (90sec recovery) 2x4min (90sec recovery) 2x3min (60sec recovery)	Cross train	10K Accelerat ion run	Rest	Easy 8-10K	18K Long run
13	Strength	5-6x1K @ 5K pace (90sec recovery)	Cross train	Easy 8-10k over hills	Rest	Easy 8-10K	20K Long run
14	Strength	24min Fartlek including 6x2 min surges (2min easy run between)	Cross train	10x1K @HMP with 200m jog recovery	Rest	Easy 6-8K	Easy 15K
15	Strength	2x4min (90sec recoveries) 2x3min (90sec walk/jog) 2x2min (60sec walk/jog)	Cross train	8k Accelerat ion run	Rest	Easy 5-8K	12K Long run
16	Rest	20min Fartlek including 5x2 min surges (2min easy run between)	Rest	6x 200m Strides – easy jog back recovery	Easy 3K	Rest	Half Marathon