Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Intermediate - You should be able to run 15 - 25 miles per week prior to starting						
1	Easy Run 30 - 40 minutes	Active recovery Run easy 30 min, cross train, or Rest Day	10 min easy run 4X2min at Tempo 60 sec recovery between intervals 10 min easy run	Active recovery Run easy 30 min, cross train, or Rest Day	Easy Run 30 - 40 minutes end with 4X20 sec strides - walk back between strides	Active recovery Run easy 30 min, cross train, or Rest Day	Long Run 5 miles easy
2	Easy Run 30 - 40 minutes	Active recovery Run easy 30 min, cross train, or Rest Day	10 min easy run 3X3min at Tempo 80 sec recovery between intervals 10 min easy run	Active recovery Run easy 30 min, cross train, or Rest Day	Easy Run 30 - 40 minutes end with 4X20 sec strides - walk back between strides	Active recovery Run easy 30 min, cross train, or Rest Day	Long Run 6 miles easy
3	Easy Run 35- 45 minutes	Active recovery Run easy 30 min, cross train, or Rest Day	10 min easy run 4X3min at Tempo 60 sec recovery between intervals 10 min easy run	Active recovery Run easy 30 min, cross train, or Rest Day	Easy Run 35 - 45 minutes end with 4X20 sec strides - walk back between strides	Active recovery Run easy 30 min, cross train, or Rest Day	Long Run 7 miles easy or max 90 min
4	Easy Run 30 - 40 minutes	Active recovery Run easy 30 min, cross train, or Rest Day	10 min easy run 5X3min at Tempo 60 sec recovery between intervals 10 min easy run	Active recovery Run easy 30 min, cross train, or Rest Day	Easy Run 30 - 40 minutes end with 4X20 sec strides - walk back between strides	Active recovery Run easy 30 min, cross train, or Rest Day	Deload Week 5 miles easy Recovery week with less miles
5	Easy Run 35 - 45 minutes	Active recovery Run easy 30 min, cross train, or Rest Day	10 min easy run 4X4min at Tempo 90 sec recovery between intervals 10 min easy run	Active recovery Run easy 30 min, cross train, or Rest Day	Easy Run 40 - 50 minutes end with 4X20 sec strides - walk back between strides	Active recovery Run easy 30 min, cross train, or Rest Day	Long Run 7 miles easy or max 90 min

6	Easy Run 40 - 50 minutes	15 min easy run 15 min at steady Tempo Pace 10 min easy run	Active recovery Run easy 30 min, cross train, or Rest Day	Easy Run 40 - 50 minutes 4X20 sec hill stride walk/jog back to the start	Easy Run 30 - 40 minutes	Active recovery Run easy 30 min, cross train, or Rest Day	Long Run 7 miles easy or max 90 min
7	Easy Run 40 - 50 minutes	15 min easy run 15 min at steady Tempo Pace 10 min easy run	Active recovery Run easy 30 min, cross train, or Rest Day	Easy Run 40 - 50 minutes	Easy Run 30 - 40 minutes with 4x45 sec at Interval Pace 2 min recovery	Active recovery Run easy 30 min, cross train, or Rest Day	Long Run 8 miles easy or max 100 min
8	Easy Run 35 - 40 minutes	15 min easy run 15 min at steady Tempo Pace 10 min easy run	Active recovery Run easy 30 min, cross train, or Rest Day	Easy Run 35 - 40 minutes	15 min w/c 4X1min at Interval Pace with 2 min recovery between intevals	Active recovery Run easy 30 min, cross train, or Rest Day	Deload Week 6 miles easy
9	Easy Run 40 - 50 minutes	10 min w/c 15 min at Tempo 4X20 sec stride	Active recovery Run easy 30 min, cross train, or Rest Day	Easy Run 40 - 50 minutes	15 min w/c 5x1min at Interval Pace with equal recovery time between intervals	Active recovery Run easy 30 min, cross train, or Rest Day	Long Run 9 miles easy or max 110 min
10	Easy Run 40 - 50 minutes	10 min w/c 15 min at Tempo 4X20 sec stride	Active recovery Run easy 30 min, cross train, or Rest Day	Easy Run 40 - 50 minutes	15 min w/c 5x90 sec at Interval Pace with equal rec time between intervals	Active recovery Run easy 30 min, cross train, or Rest Day	Long Run 9 miles easy or max 110 min

11	Active recovery Run easy 30 min, cross train, or Rest Day	10 min w/c 10 min at Tempo	Active recovery Run easy 30 min, cross train, or Rest Day	Easy Run 35 - 40 minutes	15 min w/c 4x2 min at Interval Pace with equal rec time between intervals	Active recovery Run easy 30 min, cross train, or Rest Day	Easy Run 5 miles
12	Easy Run 30- 40 minutes	10 min w/c 10 min at Tempo 4x20 sec strides	Easy Run 25-35 minutes or rest	Rest Day	Easy Run 25 - 35 minutes 4X20 sec strides	Shake out run or Rest Day	Race Day

Deload	Recovery week. Build for a couple weeks and let the body recover before you build again.
W/C	Warm up and cool down - 10 min w/c means 10 minutes for warm up and 10 min for cool down.
Strides	Fast pick ups. The goal is to feel fast, strong and in control. Walk back to the start after each one.
Hill Strides	Not a super steep hill (3- 5% grade), but enough that you feel the hill on the stride.
Easy Run	This pace should be easy and conversational. There is no benefit of going to fast on an easy run.
Tempo Intervals	Intervals at tempo pace with recovery jogs between intervals
Tempo Runs	Steady run at tempo pace (approximately 1 hour race pace)- can be a few sec/mile slower than tempo intervals
Hill Tempo	Short hill tempo intervals, jog back to the start - simulates the hills of Boilermaker
Interval	Short fast intervals with equal recovery time between intervals. Approximately 10 - 15 min race pace.
Long Runs	Once a week an easy and longer effort. These should be easy unless otherwise stated in the plan.

Pace Calculator	https://runsmartproject.com/calculator/
	Input your most current race time and distance.