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

Tempo Pace 10 min easy run Rest Day	Easy Run	15 min easy run	Active recovery	Easy Run	Easy Run	Active recovery	Long Run
10 min easy run Rest Day walk/jog back to the start Rest Day Rest Day Walk/jog back to the start	40 - 50 minutes	15 min at steady	Run easy 30 min,	40 - 50 minutes	30 - 40 minutes	Run easy 30 min,	8 miles easy
to the start Tasy Run		Tempo Pace	cross train, or	4X20 sec hill stride		cross train, or	
Easy Run 10 min w/c Run easy 30 min, cross train, or Rest Day Easy Run 10 min w/c Rest Day Easy Run 35 - 40 minutes 10 min w/c Rest Day Easy Run 35 - 40 minutes 20 min at Tempo Rest Day Easy Run 35 - 40 minutes 20 min at Tempo Rest Day Easy Run 10 min w/c Rest Day Run easy 30 min, cross train, or Rest Day Run e		10 min easy run	Rest Day	walk/jog back		Rest Day	
40 - 50 minutes 10 min at Tempo with 4X60sec Hill Tempo in middle Jog back to start 10 min w/c 35 - 40 minutes 10 min w/c 20 min at Tempo Rest Day 20 min at Tempo Rest Da				to the start			
40 - 50 minutes 10 min at Tempo with 4X60sec Hill Tempo in middle log back to start 10 min w/c Rest Day 10 min			T .			T .	
with 4X60sec Hill Tempo in middle Jog back to start Active recovery Rest Day Sex Pun 10 min w/c Rest Day 20 min at Tempo Rest Day 20 min at Tempo Rest Day 20 min at Tempo Rest Day 20 min at Tempo Rest Day 20 min at Tempo Rest Day 20 min at Tempo Rest Day 20 min at Tempo Rest Day 20 min at Tempo Rest Day 20 min at Tempo Rest Day 20 min at Tempo Rest Day 20 min at Tempo Rest Day 20 min at Tempo Rest Day 20 min at Tempo Rest Day 20 min at Tempo Rest Day 20 min at Tempo Rest Day 20 min at Tempo Rest Day 20 min at Tempo Rest Day 20 min at Tempo Rest Day 20 min at Tempo Rest Day 20 min at Tempo Rest Day 20 min at Tempo 20	•	· ·	•	•		· ·	Long Run
Tempo in middle Jog back to start Active recovery Basy Run 10 min w/c 20 min at Tempo Rest Day Sec Interval Pace 2 min recovery Active recovery Run easy 30 min, cross train, or Rest Day Sec Interval Pace 2 min recovery Run easy 30 min, cross train, or Rest Day Sec Interval Pace 2 min recovery Run easy 30 min, cross train, or Rest Day Sec Interval Pace 2 min recovery Rest Day Sec Interval Pace 3 min mw/c Rest Day Sec Interval Pace 3 min mw/c Rest Day Sec Interval Pace Active recovery Rest Day	40 - 50 minutes		•	40 - 50 minutes		1 '	9 miles easy
Seasy Run 10 min w/c 20 min at Tempo Rest Day Easy Run 10 min w/c 20 min at Tempo Rest Day Easy Run 10 min w/c 20 min at Tempo Rest Day Easy Run 10 min w/c 20 min at Tempo Rest Day Easy Run 10 min w/c 20 min at Tempo Rest Day Easy Run 40 - 50 minutes 10 min w/c Rest Day Easy Run 40 - 50 minutes 10 min w/c Rest Day Easy Run 10 min w/c Rest Day Easy Run 40 - 50 minutes 10 min w/c Rest Day Easy Run 10 min w/c Rest Day Easy Run 10 min w/c Rest Day Easy Run 10 min w/c Rest Day Rest Day Easy Run 10 min w/c Rest Day Easy Run 10 min w/c Rest Day Rest Day Rest Day Easy Run 10 min w/c Rest Day			•		with 4x45 sec	cross train, or	
8 Easy Run 20 min at Tempo Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Run easy 30 min, cross trai		Tempo in middle	Rest Day		at Interval Pace	Rest Day	
20 min at Tempo Run easy 30 min, cross train, or Rest Day Easy Run 40 - 50 minutes 10 min w/c hills Active recovery Rest Day Active recovery Rest Day Easy Run Ho - 50 minutes 10 min w/c Rest Day Active recovery Run easy 30 min, cross train, or Rest Day Easy Run Ho - 50 minutes 10 min w/c Rest Day Active recovery Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Active recovery Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day		Jog back to start			2 min recovery		
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Rest Day Sec Interval Pace 2 min recovery Rest Day rolling	35 - 40 minutes	20 min at Tempo	•	35 - 40 minutes		,	6 miles easy
Easy Run 40 - 50 minutes Description of the process train, or Rest Day Description of the process train, or Rest Day Description of the process train of			•		•	1	over some
Easy Run 40 - 50 minutes 10 min w/c 20 min at Tempo effort over rolling hills Active recovery Run easy 30 min, cross train, or Rest Day Easy Run 40 - 50 minutes 10 min w/c 5x1min at Interval Pace with equal rec time between intervals 10 min w/c Rest Day Run easy 30 min, cross train, or Rest Day Run easy 30 min, cross train, or Rest Day 10 min w/c Rest Day Active recovery Run easy 30 min, cross train, or Rest Day 10 min w/c Rest Day Active recovery Run easy 30 min, cross train, or Rest Day 10 min w/c Run easy 30 min, cross train, or			Rest Day		sec Interval Pace	Rest Day	rolling hills
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effort over rolling hills cross train, or Rest Day Pace with equal rec time between intervals cross train, or Rest Day rolling 10 min w/c	•	•	•	•	<u> </u>		Long Run
hills Rest Day rec time between intervals Rest Day rolling Rest Day rolling rec time between intervals Rest Day rolling rec time between intervals Rest Day rolling rec time between intervals Rest Day rolling rolling rolling rec time between intervals Rest Day rolling rolling rec time between intervals Rest Day rolling rolling rolling rec time between intervals Rest Day rolling rolling rolling rec time between intervals Rest Day rolling rolling rolling rolling rolling rec time between intervals Rest Day rolling rolli	40 - 50 minute 		•	40 - 50 minutes		· ·	10 miles easy
Easy Run			· ·		•	1	over some
LO Easy Run 10 min w/c Active recovery 40 - 50 minutes 15 min at Tempo effort over rolling Run easy 30 min, cross train, or Easy Run 10 min w/c Active recovery 40 - 50 minutes 4x90 sec at Interval Pace with Run easy 30 min, cross train, or		hills	Rest Day			Rest Day	rolling hills
40 - 50 minutes 15 min at Tempo effort over rolling Run easy 30 min, cross train, or 40 - 50 minutes 4x90 sec at Interval Pace with cross train, or					between intervals		
40 - 50 minutes 15 min at Tempo effort over rolling Run easy 30 min, cross train, or 40 - 50 minutes 4x90 sec at Interval Pace with cross train, or	Fasy Run	10 min w/c	Active recovery	Fasy Run	10 min w/c	Active recovery	Long Run
effort over rolling cross train, or Interval Pace with cross train, or	•	· ·	•		· ·	1	10 miles easy
	140 - 30 minutes	'	, ,	140 - 30 minutes		,	To lilles easy
TRESTIDAY TO TRESTIDAY TO TRESTIDAY TO TRESTIDAY TO TRESTIDAY			· ·			1	
between intervals		milis	Rest Day		•	kest Day	

11	Active recovery	10 min w/c	Active recovery	Easy Run	10 min w/c	Active recovery	Easy Run
	Run easy 30 min,	10 min at Tempo	Run easy 30 min,	35 - 40 minutes	3x2 min at	Run easy 30 min,	5 miles
	cross train, or		cross train, or		Interval Pace with	cross train, or	
	Rest Day		Rest Day		equal rec time	Rest Day	
					between intervals		
			•	•			
12	Easy Run	10 min w/c	Easy Run	Rest Day	Easy Run	Shake out run or	Race Day
12	Easy Run 30- 40 minutes	10 min w/c 10 min at Tempo	25-35 minutes	Rest Day	Easy Run 25 - 35 minutes	Shake out run or Rest Day	Race Day Conservative
12		•	•	Rest Day	•		,
12		10 min at Tempo	•	Rest Day	25 - 35 minutes		Conservative

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.