

Intermediate Training Program: 4 Runs per Week—2 Tempo, Pace, Long Run

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Rest	3 mile tempo	Cross Train	3 mile pace +30	3 mile tempo	Rest/ cross train	4 mile long run
Week 2	Rest	3 mile tempo	Cross Train	3 mile pace	3 mile tempo	Rest/ cross train	4.5mile long run
Week 3	Rest	3.5 mile tempo	Cross Train	5 mile pace +30	3.5 mile tempo	Rest/ cross train	5 mile long run
Week 4	Rest	3.5 mile tempo	Cross Train	5 mile pace	3.5 mile tempo	Rest/ cross train	5 mile long run
Week 5	Rest	4 mile tempo	Cross Train	6 mile pace +30	4 mile tempo	Rest/ cross train	6 mile long run
Week 6	Rest	4.5 mile tempo	Cross Train	6 mile pace	5 mile tempo	Rest/ cross train	6.5 mile long run
Week 7	Rest	4.5 mile tempo	Cross Train	7 mile pace +30	4.5 mile tempo	Rest/ cross train	7 mile long run
Week 8	Rest	4.5 mile tempo	Cross Train	7 mile pace	5 mile tempo	Rest/ cross train	8 mile long run
Week 9	Rest	5 mile tempo	Cross Train	8 mile pace +30	5 mile tempo	Rest/ cross train	8.5 mile long run
Week 10	Rest	5 mile tempo	Cross Train	8 mile pace	5 mile tempo	Rest/ cross train	9 mile long run
Week 11	Rest	5 mile tempo	Cross Train	6 mile pace +30	4 mile tempo	Rest/ cross train	10 mile long run
Week 12	Rest	4 mile tempo	Cross Train	2 mile pace	4 mile tempo	Rest/ cross train	6 mile long run
Week 13	Rest	3 mile tempo	Cross Train	2 mile pace	3 mile tempo	Rest/ cross train	RACE DAY!

Tempo: Start out slow, build up in middle, cool down, all at your own comfort level. (Example: Warm up for half mile at 10 mpm*, run 2 miles at 9.5 mpm, cool down back at 10 mpm.)

Pace: The pace you want to run the entire race at. If it has a +30, it means run at your pace and add on 30 seconds for each mpm. (Example: If you know you want to complete the half marathon in 2:00 hours your pace will be a 9:09 average mpm. Do the entire mileage at that pace or add on the 30 secs for a 9:39 pace.)

Long Run: Just run the distance. Don't worry about pace or time.

Rest Days: Focus on stretching and recovery. This can include light yoga and/or meditation.

Ideas for Cross Training: Bike, Elliptical, Stairs, Weight training, Swim, Walk for at least 30 minutes.

All runs can be done easily on a treadmill as well as outside. Find what works for you and mix it up!

*mpm=minute per mile



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