



**HOSPITAL HILL RUN
10K
INTERMEDIATE RUN TRAINING SCHEDULE**

<u>Week</u>	<u>Monday</u>	<u>Tuesday</u> (Cross Train)	<u>Wednesday</u> (Hills and Easy)	<u>Thursday</u> (Easy Run)	<u>Friday</u> (Cross Train)	<u>Saturday</u>	<u>Sunday</u>	<u>Week Ending</u> Sunday
1	3 Miles	40 - 45 Minutes	3 Miles (Easy)	3 Miles	30 - 35 Minutes	4 Miles	Rest	April 17, 2011
2	4 Miles	40 - 45 Minutes	4 Miles (Hills)	3 Miles	30 - 35 Minutes	5 Miles	Rest	April 24, 2011
3	4 Miles	40 - 45 Minutes	3 Miles (Easy)	3 Miles	30 - 35 Minutes	6 Miles	Rest	May 1, 2011
4	5 Miles	40 - 45 Minutes	4 Miles (Hills)	3 Miles	30 - 35 Minutes	8 Miles	Rest	May 8, 2011
5	6 Miles	40 - 45 Minutes	3 Miles (Easy)	3 Miles	30 - 35 Minutes	6 Miles	Rest	May 15, 2011
6	5 Miles	40 - 45 Minutes	4 Miles	3 Miles	30 - 35 Minutes	8 Miles	Rest	May 22, 2011

			(Easy)					
7	4 Miles	40 - 45 Minutes	3 Miles (Easy)	3 Miles	30 - 35 Minutes	4 Miles	Rest	May 29, 2011
8	3 Miles	30 Minutes	4 Miles at Race Pace	Rest	Rest	6.2 Miles RACE DAY!	Rest	June 5, 2011