



**HOSPITAL HILL RUN
UMKC SCHOOL OF MEDICINE 5K
INTERMEDIATE RUN TRAINING PROGRAM**

| <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 | 3 Miles | Rest | April 17, 2011 |
| 2 | 4 Miles | 40 - 45 Minutes | 4 Miles (Hills) | 3 Miles | 30 - 35 Minutes | 4 Miles | Rest | April 24, 2011 |
| 3 | 4 Miles | 40 - 45 Minutes | 3 Miles (Easy) | 3 Miles | 30 - 35 Minutes | 5 Miles | Rest | May 1, 2011 |
| 4 | 4 Miles | 40 - 45 Minutes | 4 Miles (Hills) | 3 Miles | 30 - 35 Minutes | 4 Miles | Rest | May 8, 2011 |
| 5 | 5 Miles | 40 - 45 Minutes | 3 Miles | 3 Miles | 30 - 35 Minutes | 4 Miles | Rest | May 15, 2011 |

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|---|---------|-----------------|----------------------|---------|-----------------|-------------------------------|------|--------------|
| | | | (Easy) | | | | | |
| 6 | 4 Miles | 40 - 45 Minutes | 4 Miles (Easy) | 3 Miles | 30 - 35 Minutes | 6 Miles | Rest | May 22, 2011 |
| 7 | 3 Miles | 40 - 45 Minutes | 3 Miles (Easy) | 3 Miles | 30 - 35 Minutes | 4 Miles | Rest | May 29, 2011 |
| 8 | 3 Miles | 30 Minutes | 2 Miles at Race Pace | Rest | Rest | 3.1 Miles RACE DAY! | Rest | June 5, 2011 |