

HOSPITAL HILL RUN TRAINING SCHEDULE

Schedule - Intermediate Run

This training schedule is designed for those athletes who (i) have been running regularly for at least 9 months and (ii) have experience at racing distances of 10K or longer.

You should follow this training program if (i) you have been running regularly (at least 4 times per week) during the last 6 months to a year, (ii) your average weekly mileage is at least 20 miles per week and (iii) you are able to run at least 10 miles continuously as part of your training.



<u>Week</u>	<u>Monday</u> (Easy)	<u>Tuesday</u> Cross Train	<u>Wednesday</u> (Tempo)	<u>Thursday</u> (Easy)	<u>Friday</u> (Cross Train)	<u>Saturday</u> (Long)	<u>Sunday</u>	<u>Week Ending</u> Sunday
1	3 Miles	30 - 40 Minutes	3 Miles	3 Miles	30 - 40 Minutes	4 Miles	Rest	March 7, 2010
2	3 Miles	30 - 40 Minutes	3 Miles	3 Miles	30 - 40 Minutes	5 Miles	Rest	March 14, 2010
3	3 Miles	30 - 40 Minutes	3 Miles	3 Miles	30 - 40 Minutes	6 Miles	Rest	March 21, 2010
4	4 Miles	30 - 40 Minutes	4 Miles	3 Miles	30 - 40 Minutes	4 Miles	Rest	March 28, 2010
5	4 Miles	30 - 40 Minutes	4 Miles	3 Miles	30 - 40 Minutes	7 Miles	Rest	April 3, 2010
6	4 Miles	30 - 40 Minutes	4 Miles	3 Miles	30 - 40 Minutes	8 Miles	Rest	April 11, 2010
7	4 Miles	30 - 40	5 Miles	3 Miles	45 - 50	6 Miles	Rest	April 18, 2010

		Minutes			Minutes			
8	5 Miles	30 - 40 Minutes	5 Miles	3 Miles	45 - 50 Minutes	9 Miles	Rest	April 25, 2010
9	5 Miles	30 - 40 Minutes	6 Miles	3 Miles	45 - 50 Minutes	10 Miles	Rest	May 2, 2010
10	5 Miles	35 - 45 Minutes	7 Miles	3 Miles	45 - 50 Minutes	8 Miles	Rest	May 9, 2010
11	5 Miles	35 - 45 Minutes	6 Miles	3 Miles	45 - 50 Minutes	11 Miles	Rest	May 16, 2010
12	4 Miles	35 - 45 Minutes	6 Miles	3 Miles	45 - 50 Minutes	8 Miles	Rest	May 23, 2010
13	3 Miles	35 - 45 Minutes	5 Miles	3 Miles	45 - 50 Minutes	6 Miles	Rest	May 30, 2010
14	3 Miles	30 Minutes	3 Miles	3 Miles	Rest	13.1 Miles RACE DAY!	Rest	June 6, 2010