

OCTOBER 2024 TRAINING PLAN

INTERMEDIATE LEVEL

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	30	1 Strength 2 Week 1 Day 2 (2x12)	2 15min warm-up (easy) 40min steady state 10min cooldown (easy)	3 Strength 2 Week 1 Day 1 (2x12)	4 3mi easy run 4x strides	5 4mi easy warm-up 4mi @ 15sec faster than goal race pace 2mi easy cooldown	6 FULL REST DAY
WEEK 2	7 5mi easy run 4x strides	8 Strength 2 Week 2 Day 2 (3x8)	9 15min warm-up (easy) 2x2mi @ goal pace, 0.5mi recovery jog 10min cooldown (easy)	10 Strength 2 Week 2 Day 1 (3x8)	11 3mi easy run 4x strides	12 6mi easy warm-up 5mi progression with the last mile at goal race pace 1mi easy cooldown	13 FULL REST DAY Watch the Chicago Marathon!
WEEK 3	14 15min warm-up (easy) 6x strides 5x1mi @ slightly faster than goal race pace w/ 1min walking recovery 10min cooldown (easy) TAPER WEEK	15 Strength 2 Week 3 Day 1 (3x8)	16 15min warm-up (easy) 10x1min on/1min off 10min cooldown (easy)	17 Strength 2 Week 3 Day 2 (3x8)	18 3mi easy run 4x strides	19 6 mile easy effort long run	20 FULL REST DAY
WEEK 4	21 15-20min warm-up (easy) 6x strides 4x800m @ goal race pace w/ 1min walking recovery in between 10min cooldown (easy) RACE WEEK!!!	22 Strength 2 Week 1 Day 4 (2x12)	23 30min easy run	24 Mobility	25 2mi easy shakeout 6x strides	26  	27 FULL REST DAY
WEEK 5	28 FULL REST DAY	29 FULL REST DAY	30 FULL REST DAY	31 FULL REST DAY	1 FULL REST DAY	2 SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/ DETAILS	3 FULL REST DAY