


DECEMBER 2024 TRAINING PLAN

INTERMEDIATE LEVEL

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	25	26	27	28	29	30	1
			SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/ DETAILS				FULL REST DAY
WEEK 2	2	3	4	5	6	7	8
	4mi easy run 4x strides	Strength 2 Week 3 Day 1 (3x8)	15min warm-up (easy) 6x strides 3x1mi @ slightly faster than goal race pace w/ 1min walking recovery 10min cooldown (easy)	Strength 2 Week 3 Day 2 (3x8)	3mi easy run 4x strides	6mi easy long run	FULL REST DAY
WEEK 3	9	10	11	12	13	14	15
	RACE WEEK 15min warm-up (easy) 6x strides 3x800m @ goal race pace w/ 1min walking recovery in between 10min cooldown (easy)	Strength 2 Week 2 Day 4 (3x8)	30min easy run	Mobility	2mi easy shakeout run 6x strides		FULL REST DAY
WEEK 4	16	17	18	19	20	21	22
	FULL REST DAY Reflect on 2024 lessons learned, accomplishments, etc.	Strength 2 Week 4 Day 2 (2x12)	Optional 30-40min easy run	Strength 2 Week 4 Day 1 (2x12)	2mi easy run 4x strides	5mi easy long run	FULL REST DAY
WEEK 5	23	24	25	26	27	28	29
	3mi easy run Start brainstorming 2025 goals	Strength 1 Week 1 Day 2 (2x12)	20min warm-up (easy) 10x1min on/1min off 10min cooldown (easy)	Strength 1 Week 1 Day 1 (2x12)	3mi easy run 4x strides	7mi easy long run	FULL REST DAY
WEEK 6	30	31	1	2	3	4	5
	5mi easy run	Strength 1 Week 2 Day 2 (3x8)					