

JANUARY 2025 TRAINING PLAN

INTERMEDIATE LEVEL



	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	30	31	1	2	3	4	5
	SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/ DETAILS		15min warm-up (easy) 6x1min on/1min off 2x2min on/2min off 6x30sec on/30sec off 10min cooldown (easy)	Strength 1 Week 2 Day 1 (3x8)	4mi easy run 4x strides	8mi easy long run	FULL REST DAY
WEEK 2	6	7	8	9	10	11	12
	15-20min warm-up (easy) 6x strides 8x200m w/ 200m walking recovery in between reps 10min cooldown (easy)	Strength 1 Week 3 Day 1 (3x8)	30min easy run 6x strides	Strength 1 Week 3 Day 2 (3x8)	20min warm-up 5x1min on, 1min off 10min cooldown	60min easy long run	FULL REST DAY
WEEK 3	13	14	15	16	17	18	19
	15-20min warm-up (easy) 6x strides 3x800m w/ 1min walking recovery in between 10min cooldown (easy)	Strength 1 Week 1 Day 4 (2x12)	20min easy run	Mobility	1-2mi shakeout 4x strides	20min warm-up 4x strides 1mi all-out effort 5min cooldown (easy)	FULL REST DAY
WEEK 4	20	21	22	23	24	25	26
	20min easy run	Strength 1 Week 4 Day 2 (2x12)	30min easy run	Strength 1 Week 4 Day 1 (2x12)	30min easy run 4x strides	60min easy long run	FULL REST DAY
WEEK 5	27	28	29	30	31	1	2
	15-20min warm-up (easy) 6x strides 10x200m w/ 200m walking recovery in between reps 10min cooldown (easy)	Strength 2 Week 1 Day 2 (2x12)	30min easy run	Strength 2 Week 1 Day 1 (2x12)	20min easy run 4x strides		