

# FEBRUARY 2024 TRAINING PLAN

## INTERMEDIATE LEVEL

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	29	30	31	1	2	3	4
				Strength Week 4 Day 2 (2x12)	20min easy run 4x strides	9mi easy-effort long run	FULL REST DAY
WEEK 2	5	6	7	8	9	10	11
	20min warm-up (easy) 6x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	Strength Week 1 Day 2 (2x12)	45min easy run	Strength Week 1 Day 1 (2x12)	30min easy run 4x strides	10mi easy-effort long run	FULL REST DAY
WEEK 3	12	13	14	15	16	17	18
	20min warm-up (easy) 5x1min on, 1min off 10min cooldown (easy)  <b>CUTBACK WEEK</b>	Strength Week 2 Day 4 (3x8)	30min easy run	Mobility & Core	20min easy run 4x strides	7mi easy-effort long run	FULL REST DAY
WEEK 4	19	20	21	22	23	24	25
	15min warm-up (easy) 25min steady state 10min cooldown (easy)	Strength Week 2 Day 2 (3x8)  25min easy run	20min warm-up (easy) 7x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	Strength Week 2 Day 1 (3x8)	20min easy run 4x strides	9mi easy-effort 1mi fast finish	FULL REST DAY
WEEK 5	26	27	28	29	1	2	3
	15min warm-up (easy) 6x strides 12x200m w/ 200m walking recovery in between reps 10min cooldown (easy)	Strength Week 3 Day 2 (3x8)  30min easy run	20min warm-up (easy) 10x1min on, 1min off 10min cooldown (easy)	Strength Week 3 Day 1 (3x8)	<b>SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/ DETAILS</b>		