

NOVEMBER 2023 TRAINING PLAN

INTERMEDIATE LEVEL

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	30	31	1	2	3	4	5
			FULL REST DAY	FULL REST DAY	FULL REST DAY	FULL REST DAY	FULL REST DAY Watch the NYC Marathon!
WEEK 2	6	7	8	9	10	11	12
	30min easy run	Strength Week 1 Day 2 (2x12)	15min warm-up (easy) 4x strides 8x400m @ goal 5K pace w/ 200m walking recovery 10min cooldown (easy)	Strength Week 1 Day 1 (2x12)	2mi easy run 4x strides	6mi easy long run	FULL REST DAY
WEEK 3	13	14	15	16	17	18	19
	4mi easy run 4x strides	Strength Week 2 Day 2 (3x8)	15min warm-up (easy) 4x strides 6x200m @ goal 5K pace w/ 200m walking recovery 10min cooldown (easy)	Strength Week 2 Day 1 (3x8)	2mi easy run 4x strides	8mi easy long run	FULL REST DAY
WEEK 4	20	21	22	23	24	25	26
	15min warm-up (easy) 10x1min on/1min off 10min cooldown (easy)	Mobility	2mi easy shakeout run 6x strides		FULL REST DAY	30-45min easy run	FULL REST DAY
WEEK 5	27	28	29	30	1	2	3
	4mi easy run 4x strides	Strength Week 3 Day 2 (3x8)	15min warm-up (easy) 6x strides 3x1mi @ slightly faster than goal race pace w/ 1min walking recovery 10min cooldown (easy)	Strength Week 3 Day 1 (3x8)	SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/ DETAILS		