

# MARCH 2025 TRAINING PLAN

## INTERMEDIATE LEVEL



	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 1</b>	24	25	26	27	28	1	2
		<b>SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/ DETAILS</b>				3mi easy warm-up 3mi @ goal race pace 2mi easy cooldown	FULL REST DAY
<b>WEEK 2</b>	3	4	5	6	7	8	9
	20min warm-up (easy) 6x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	Strength Week 4 Day 2 (2x12) 35min easy run	15min warm-up (easy) 1.5mi @ 10K pace, 3min slow jog 1mi @ 10k pace 10min cooldown (easy)	Strength Week 4 Day 1 (2x12)	30min easy run 4x strides	12mi easy long run	FULL REST DAY
<b>WEEK 3</b>	10	11	12	13	14	15	16
	15min warm-up (easy) 5x1K @5K pace w/ 2min walking recovery 10min cooldown (easy)	Strength Week 1 Day 2 (2x12) 40min easy run	30min warm-up (easy) 8x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	Strength Week 1 Day 1 (2x12)	35min easy run 4x strides	3mi easy warm-up 4mi @ goal race pace 3mi easy cooldown	FULL REST DAY
<b>WEEK 4</b>	17	18	19	20	21	22	23
	<b>GOLDY'S RUN PEAK WEEK</b> 20min warm-up (easy) 30min steady state 10min cooldown (easy)	Strength Week 2 Day 2 (3x8) 40min easy run	30min warm-up (easy) 10x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	Strength Week 2 Day 1 (3x8)	35min easy run 4x strides	3mi easy warm-up 2mi @ goal race pace 2mi @ 10sec faster than goal race pace 2mi easy cooldown	FULL REST DAY
<b>WEEK 5</b>	24	25	26	27	28	29	30
	<b>TAPER WEEK</b> 15min warm-up (easy) 4x1mi @goal pace w/ 1min walking recovery 10min cooldown (easy)	Strength Week 3 Day 2 (3x8) 35min easy run	20min warm-up (easy) 5x1min on/1min off 10min cooldown (easy)	Strength Week 3 Day 1 (3x8)	20min easy run 4x strides	6mi easy long run	FULL REST DAY
<b>WEEK 6</b>	31	1	2	3	4	5	6
	<b>RACE WEEK!!!</b> Strength Week 3 Day 4 (3x8)						