

APRIL 2024 TRAINING PLAN

INTERMEDIATE LEVEL

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	1 Strength Week 3 Day 4 (3x8) RACE WEEK!!!	2 15-20min warm-up (easy) 6x strides 3x800m @ goal race pace w/ 1min walking recovery in between 10min cooldown (easy)	3 Mobility work	4 20-30min easy run	5 REST DAY	6 2mi shakeout run 4x strides	7 
WEEK 2	8 FULL REST DAY	9 FULL REST DAY	10 Strength Week 4 Day 4 (2x12)	11 30min easy run	12 Strength Week 4 Day 2 (2x12)	13 6-7mi easy long run	14 FULL REST DAY
SEE FULL TRAINING PLAN PDF FOR HOW TO TREAT THIS WEEK							
WEEK 3	15 15min warm-up (easy) 6x strides 4x800m @ 10K pace w/ 1min walking recovery 10min cooldown (easy)	16 Strength Week 1 Day 2 (2x12)	17 40min easy run	18 Strength Week 1 Day 1 (2x12)	19 3mi easy run 4x strides	20 8mi easy long run	21 FULL REST DAY
WEEK 4	22 20min warm-up (easy) 30min steady state 10min cooldown (easy)	23 Strength Week 2 Day 2 (3x8)	24 20min warm-up (easy) 5x30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	25 Strength Week 2 Day 1 (3x8)	26 3mi easy run 4x strides	27 10mi easy long run w/ 2mi fast finish	28 FULL REST DAY
WEEK 5	29 15min warm-up (easy) 4x1mi @goal pace w/ 1min walking recovery 10min cooldown (easy)	30 Strength Week 3 Day 2 (3x8)	1 	2 	3 	4 	5
SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/ DETAILS							