

SEPTEMBER 2023 TRAINING PLAN

INTERMEDIATE LEVEL

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	28	29	30	31	1	2	3
		SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/ DETAILS			3mi easy run 4x strides	11 mile easy effort long run	FULL REST DAY
WEEK 2	4	5	6	7	8	9	10
	15min warm-up (easy) 6x strides 5x1mi @ slightly faster than goal race pace w/ 1min walking recovery 10min cooldown (easy)	Strength Week 4 Day 1 (2x12)	15min warm-up (easy) 8x1min on/1min off 10min cooldown (easy)	Strength Week 4 Day 2 (2x12)	2mi easy run 4x strides	6 mile easy effort long run	FULL REST DAY
WEEK 3	11	12	13	14	15	16	17
	15-20min warm-up (easy) 6x strides 3x800m @ goal race pace w/ 1min walking recovery in between 10min cooldown (easy)	Strength Week 3 Day 4 (3x8)	30min easy run	Mobility	1-2mi easy shakeout 6x strides		FULL REST DAY
WEEK 4	18	19	20	21	22	23	24
	FULL REST DAY	Mobility	30min easy run	Strength Week 4 Day 4 (2x12)	20min easy run	7 mile easy effort long run	FULL REST DAY
WEEK 5	25	26	27	28	29	30	1
	4mi easy run 4x strides	Strength Week 1 Day 2 (2x12)	30min warm-up (easy) 6x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	Strength Week 1 Day 1 (2x12)	3mi easy run 4x strides	10 mile easy effort long run	