

# MAY 2023 TRAINING PLAN

## INTERMEDIATE LEVEL

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 1</b>	1 15min warm-up (easy) 6x strides 3x1mi @ 10K pace w/ 1min walking recovery 10min cooldown (easy)	2 Strength Week 4 Day 2 (2x12)	3 15min warm-up (easy) 5x2min uphill @ 10k effort w/ slow jog down for recovery 10min cooldown (easy)	4 Strength Week 4 Day 1 (2x12)	5 4mi easy run 6x strides	6 5mi easy 3mi @ 15sec faster than goal race pace 2mi easy	7 FULL REST DAY
<b>WEEK 2</b>	8 <b>CUTBACK (RECOVERY) WEEK</b> 15min warm-up (easy) 30min steady state 10min cooldown (easy)	9 Strength Week 2 Day 4 (3X8)	10 3mi easy run	11 Mobility drills	12 3mi easy run 6x strides	13 12 mile long run (with option to run last 2 miles 1min faster than the rest of your miles)	14 FULL REST DAY
<b>WEEK 3</b>	15 15min warm-up (easy) 6x strides 4x1mi @ 10K pace w/ 1min walking recovery 10min cooldown (easy)	16 Strength Week 1 Day 2 (2x12)	17 15min warm-up (easy) 6x2min uphill @ 10k effort w/ slow jog down for recovery 10min cooldown (easy)	18 Strength Week 1 Day 1 (2x12)	19 4mi easy run 6x strides	20 5mi easy 4mi @ 15sec faster than goal race pace 2mi easy	21 FULL REST DAY
<b>WEEK 4</b>	22 10min warm-up (easy) 2x2mi @ goal pace, 0.5mi recovery jog 10min cooldown (easy)	23 Strength Week 2 Day 2 (3x8)	24 20min warm-up (easy) 6x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	25 Strength Week 2 Day 1 (3x8)	26 4mi easy run 6x strides	27 14 mile long run (with option to run last 2 miles 1min faster than the rest of your miles)	28 FULL REST DAY
<b>WEEK 5</b>	29 <b>LOLA'S RACE WEEK</b> 15min warm-up (easy) 40min steady state 10min cooldown (easy)	30 Strength Week 3 Day 1 (3x8)	31 40min easy run	1 2 <b>SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/ DETAILS</b>		3 	4