



INTERMEDATE PLAN – STARTING 30/01/17

Date	Weeks	Phase	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Miles
30 Jan 2017	1	Base	REST	5 easy	3 thresh	5 easy	REST	5 easy	12 slow	30
06 Feb 2017	2	Base	REST	5 easy	3 thresh	5 easy	REST	5 easy	12 slow	30
13 Feb 2017	3	Base	REST	4 fartlek	6 easy	4 thresh	REST	5 easy	14 slow	33
20 Feb 2017	4	Base	5 easy	4 fartlek	4 easy	3 thresh	REST	5 easy	14 slow	35
27 Feb 2017	5	Base	5 easy	4 fartlek	5 easy	4 thresh	REST	5 easy	14 slow	37
06 Mar 2017	6	Strength E	5 easy	2 hills	4 easy	4 fartlek	REST	5 easy	8 slow	28
13 Mar	7	Strength	6 easy	4 hills	6 easy	4 thresh	REST	6 easy	14 slow	40

2017										
20 Mar 2017	8	Strength	6 easy	3 hills	6 easy	4 thresh	REST	6 easy	18 slow	43
27 Mar 2017	9	Strength	6 easy	4 hills	6 easy	4 fartlek	REST	4 easy	20 slow	44
03 April 2017	10	Speed E	3 fartlek	8 practice	3 easy	12 x 400m at 5km pace; 45 secs recovery	REST	1 strides	13 (race)	31
10 April 2017	11	Speed	3 easy	9 practice	4 easy	2 sets of 3 x 1000m at 3km pace; 120 secs recovery; 1 lap jog between sets	REST	6 easy	18 slow	44
17 April 2017	12	Speed	3 easy	10 practice	4 easy	3 sets of 4 x 400m at 800m pace; 150 secs recovery; 1 lap jog between sets	REST	1 strides	20 slow	41
24 April 2017	13	Speed	3 easy	11 practice	4 easy	4 x 1 Mile at 5km pace; 90 secs recovery	REST	6 easy	16 slow	44
01 May 2017	14	Speed E	3 easy	4 thresh	3 easy	4 x 1 Mile at 5km pace; 90 secs recovery	REST	3 easy	12 slow	29
08 May 2017	15	Peak	3 easy	12 practice	3 easy	6 x 600m at 1500m pace; 120 secs recovery	REST	4 easy	20 slow	44

15 May 2017	16	Taper	4 easy	5 easy	5 easy	5 x 400m at 3km pace; 45 seconds recovery	REST	4 easy	12 slow	31
22 May 2017	17	Taper	4 easy	2 fartlek	4 easy	10 x 200m at 400m pace; 180 secs recovery	REST	3 easy	8 slow	22
29 May 2017	18	Taper	REST	4 easy	4 easy	3 strides	REST	REST	THE WALLED CITY MARATHON	11 + race

Training Key

Easy- Run easy to aid bodies recovery

Thresh- Run at a steady fast pace, (3 thresh means run 3 mile at threshold pace)

Fartlek- (Swedish for “speed play”) is simply sprinting and jogging off and on during a run. For example, a normal fartlek workout is a 40-60 minute training run. However, instead of keeping the same pace through the whole workout you sprint, then jog, then sprint again whenever you feel like it.

Hills- Hill repeats or Kenyan hills; Run fast up a hill (normally a hill with will take 90 seconds to get to the top, jog back down and repeat).

Practice- Run the distance at marathon pace i.e. practice running your marathon pace for 6 mile.

Please note; Threshold runs, Fartlek, Hills and Practice all require at least a 1 mile warm-up (before) run and a 1 mile cool down run (after).