

Running4women Intermediate Runner: Finish 2hrs 10 mins

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	60 - 70 min light fartlek	45 - 60 mins easy	30 mins easy	Rest	25 - 30 minutes gradual acceleration run	45 - 60 mins easy
2	Rest	60 - 70 min light fartlek	45 - 60 mins easy	30 mins easy	Rest	30 - 35 minutes gradual acceleration run	45 - 60 mins easy
3	Rest	60 - 70 min light fartlek	65 - 75 min easy	30 mins easy	Rest	35 - 40 minutes gradual acceleration run	75 - 85 min easy
4	Rest	10 min warm up 5 x (2 mins hard 2 mins recovery) 10 min warm down	60 - 70 min over hills at steady pace	35 minutes	Rest	20 mins. Easy	75 - 85 min easy
5	Rest	10 min warm up 60 - 70 min light fartlek 10 min warm down	75 - 90 min easy	10 min warm up 6 x (2 mins. hard and 2 mins. Jog recovery) 10 min warm down	Rest	10 mins easy 10 mins fast 10 mins easy	10k race or time trial
6	Rest	10 min warm up 5 x (3 mins. hard with 2 mins. Jog recovery) 10 min warm down	Easy 35 mins	Easy 30 mins with strides	Rest	35 - 40 mins. Fartlek	85 - 100min easy
7	Rest	10 min warm up 5 x (4 mins. Hard with 3 mins. Jog recovery) 10 min warm down	Easy 40 mins	30 - 40 mins. Light fartlek	Rest	30 - 40 min easy 30 - 40 mins quite fast	1hr 50 - 2hrs easy
8	Rest	10 min warm up 5 x (5 mins hard with 3 mins jog recovery)	Easy 40 - 45 mins	30 min easy 8 min fast 30 min easy	Rest	45 - 50 mins over hills	1hr 50 - 2hrs easy
9	Rest	10 min warm up 5 x (3 mins hard with 2 mins jog recovery) 10 min warm down	Easy 35 mins	Easy 35 mins with strides	Rest	35 - 40 mins fartlek	10k race or time trial
10	Rest	10 min warm up 2 sets 4 x (3 mins hard 2 mins recovery) 10 min warm down	75 - 85 min easy	30 mins easy	Rest	Rest or light jog	1hr 50 -2hrs 25 easy
11	Rest	85 - 100min easy	1hr 50 - 2hrs easy	40 mins easy	Rest	35 min easy 45 min at 80% 35 min easy	10k race or time trial
12	Rest	3 x (4 mins hard with 3 mins recovery)	Rest or easy 40 mins	20 - 25 mins easy	Rest	Rest or jog	RACE

It is important that you follow a stretching programme and ensure that you are properly warmed up particularly before the harder sessions
e.g Week 2 Tuesday. 5 - 10 mins jogging would suffice