



INTERMEDIATE

8-WEEK TRAINING

Training Plan provided by Lincoln Running Company

WEEK ONE

Everyone needs structure!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EASY	MEDIUM +	EASY	MEDIUM +	EASY	FUN & FAST	MEDIUM
WARM-UP: None WORKOUT: Starting the week off right with a nice and easy 3-4 mile run! COOL DOWN: None	WARM-UP: None WORKOUT: Let's go againfind a hilly route and just run it COOL DOWN: None	WARM-UP: None WORKOUT: Take a day off or go 4 miles pretty easy! COOL DOWN: None	WARM-UP: None WORKOUT: Progressive run: Sounds fun and doable - right? That's because it is! Start out S.L.O.W. - seriously slow. Then...each mile run about 5-10 second faster each mile. COOL DOWN: 1 Mile	WARM-UP: None WORKOUT: Another day off or easy peasy 4 COOL DOWN: None	WARM-UP: None WORKOUT: 5 miles steady then 4 x downhill strides after Do them on a SLIGHT downhill - nothing steep! COOL DOWN: None	WARM-UP: None WORKOUT: 6 Miles COOL DOWN: None
MILEAGE TOTAL: 3-4	MILEAGE TOTAL: 4	MILEAGE TOTAL: 0-4	MILEAGE TOTAL: 6	MILEAGE TOTAL: 0-4	MILEAGE TOTAL: 5	MILEAGE TOTAL: 6

WEEK TWO

Let's get our legs moving fast again!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EASY	MEDIUM +	EASY	MEDIUM +	EASY	MEDIUM	MEDIUM
WARM-UP: None WORKOUT: Off or go for an AWE Run....find things to go AWE! COOL DOWN: None	WARM-UP: None WORKOUT: Hilly route...find a route that has some good hills and run the uphill fairly hard! EASY on the down side! COOL DOWN: None	WARM-UP: None WORKOUT: 4-5 easy going COOL DOWN: None	WARM-UP: 2 Miles WORKOUT: THIS IS FUN!!! Let's get these legs moving! 1 min hard/1 min easy - repeat 6 - 8 times. Have some fun with this! COOL DOWN: 2 Miles	WARM-UP: None WORKOUT: 0-5 - easy again (it's ok) COOL DOWN: None	WARM-UP: None WORKOUT: Steady run with 4 x strides after COOL DOWN: None	WARM-UP: None WORKOUT: 6-7 finish fast! COOL DOWN: None
MILEAGE TOTAL: 3-4	MILEAGE TOTAL: 5	MILEAGE TOTAL: 4-5	MILEAGE TOTAL: 5-6	MILEAGE TOTAL: 0-5	MILEAGE TOTAL: 4	MILEAGE TOTAL: 6-7

WEEK THREE

Our objective is to get fast and not hurt ourselves! ALWAYS – ALWAYS listen to your body!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM +</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: Another AWE Run! 3-4 miles!! COOL DOWN: None	WARM-UP: 1-2 Miles WORKOUT: We're heading to the hills this time! Find a hill – run to the hill as a warm up... then run the uphill hard and go easy on the downhill 5-6 times....head home! COOL DOWN: 1-2 Miles	WARM-UP: None WORKOUT: 4-5 easy milesjust float along! COOL DOWN: None	WARM-UP: 1-2 Miles WORKOUT: 1) 30 seconds hard/30 seconds easy - repeat 4 times. 2) 3 min easy/1 mile @tempo/3 min easy. 3) 30 seconds hard/30 seconds easy - repeat 4 times. COOL DOWN: 1-2 Miles	WARM-UP: None WORKOUT: Off – againit's ok! COOL DOWN: None	WARM-UP: None WORKOUT: 3 Bears Runthis is not too fast nor too slow...but just right! COOL DOWN: None	WARM-UP: None WORKOUT: 7-8 miles – just get it done! COOL DOWN: None
MILEAGE TOTAL: 3-4	MILEAGE TOTAL: 5	MILEAGE TOTAL: 4-5	MILEAGE TOTAL: 5-7	MILEAGE TOTAL: 0	MILEAGE TOTAL: 5	MILEAGE TOTAL: 7-8

“ TRAINING IS A LOT LIKE LIFE. ONLY 10% OF IT IS EXCITING. 90% OF IT IS SLOG AND DRUDGE.

- DAVE BEDFORD, ENGLISH DISTANCE RUNNER WHO OCCASIONALLY PUT IN 200 MILES A WEEK IN TRAINING!

WEEK FOUR

HALF WAY THROUGH THIS FUN!!! Good job and enjoy the rest of this with your new found confidence!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: AWE Run! 4-5 miles! COOL DOWN: None	WARM-UP: 1-2 Miles WORKOUT: WE EAT HILLS FOR BREAKFAST!!! Let's get these hills down (I believe there are hills at LC?) Run to "that hill" again and let's get 6-8 uphill ineasy on the downhill! COOL DOWN: 1-2 Miles	WARM-UP: None WORKOUT: Easy – peasy 5 miles HOW SLOW CAN YOU GO? COOL DOWN: None	WARM-UP: 1-2 Miles WORKOUT: 5 min @ tempo - 5 min easy, 5 min a bit faster than tempo - 5 min easy, 5 min HARD - 5 min easy. You're welcome! COOL DOWN: 1-2 Miles	WARM-UP: None WORKOUT: Off or 4 Again – You're welcome COOL DOWN: None	WARM-UP: None WORKOUT: Nice 3 Bears Run again! COOL DOWN: None	WARM-UP: None WORKOUT: 8 miles – middle miles quicker COOL DOWN: None
MILEAGE TOTAL: 4-5	MILEAGE TOTAL: 6	MILEAGE TOTAL: 5	MILEAGE TOTAL: 6-8	MILEAGE TOTAL: 0-4	MILEAGE TOTAL: 5	MILEAGE TOTAL: 8

WEEK FIVE

Over half way through the training – on the downside but not the easy side

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: 3-5 easy run – get out to Nature! COOL DOWN: None	WARM-UP: 1-2 Miles WORKOUT: Hills! 6 x uphill Nice 50-60 second uphill should do! COOL DOWN: 1-2 Miles	WARM-UP: None WORKOUT: Off or 5 COOL DOWN: None	WARM-UP: 1-2 Miles WORKOUT: 2 Mile Toughie! After the warmup – 2 miles a bit slower than your tempo pace; 5 min easy jog; 1 mile @ tempo pace; 2 min easy jog; 800 faster than tempo pace! COOL DOWN: 1-2 Miles	WARM-UP: None WORKOUT: Easy 5 COOL DOWN: None	WARM-UP: None WORKOUT: Good steady run 6 x downhill strides after. Do them on a SLIGHT downhill – nothing steep! COOL DOWN: None	WARM-UP: None WORKOUT: First 3 easy warmup miles – then....2 miles at ½ marathon pacethen 3 miles easy! COOL DOWN: None
MILEAGE TOTAL: 3-5	MILEAGE TOTAL: 5-6	MILEAGE TOTAL: 0-5	MILEAGE TOTAL: 6-8	MILEAGE TOTAL: 5	MILEAGE TOTAL: 6	MILEAGE TOTAL: 8

“BELIEVE IN YOURSELF, KNOW YOURSELF, DENY YOURSELF, AND BE HUMBLE.

- JOHN TREACY'S FOUR PRINCIPLES OF TRAINING PRIOR TO LOS ANGELES '84

WEEK SIX

3 weeks to go! We are in the heart of this thing! Isn't it fun!!!!???

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>	<i>OFF or EASY</i>	<i>MEDIUM ++</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: Off! COOL DOWN: None	WARM-UP: None WORKOUT: Hilly route – work the uphill COOL DOWN: None	WARM-UP: None WORKOUT: Easy 5 COOL DOWN: None	WARM-UP: 1-2 Miles WORKOUT: 2 mile tempo/ 2 min easy/ 1 mile tempo COOL DOWN: 1-2 Miles	WARM-UP: None WORKOUT: Easy 5 or off COOL DOWN: None	WARM-UP: 2 Miles WORKOUT: 3 min hard/2 min easy - repeat 4 times COOL DOWN: 1-2 Miles	WARM-UP: None WORKOUT: 8 miles – Just finish! COOL DOWN: None
MILEAGE TOTAL: 0	MILEAGE TOTAL: 5-6	MILEAGE TOTAL: 5	MILEAGE TOTAL: 5-7	MILEAGE TOTAL: 0-5	MILEAGE TOTAL: 5-6	MILEAGE TOTAL: 8

Another week of work. This week's finale workout is on Thursday to make it 10 days out – which is perfect for this guy! Check it out and decide if you want to run it on the track (300,200,100) or if you want to run on the trail and use your watch (90 sec, 60 sec, 30 sec). Try it, you'll like it!!

WEEK SEVEN


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM +++</i>	<i>OFF or EASY</i>	<i>EASY</i>
WARM-UP: None WORKOUT: Optional run or no run 3-5 miles COOL DOWN: None	WARM-UP: None WORKOUT: 5 flat + 6 x strides COOL DOWN: None	WARM-UP: 2 Miles WORKOUT: 2 mile tempo COOL DOWN: 2 Miles	WARM-UP: None WORKOUT: 5 easy or off COOL DOWN: None	WARM-UP: 2 Miles WORKOUT: 300 Hard - 200 Easy - 200 Hard - 100 Easy - 100 Hard - 300 Easy Repeat 3-4 times OR 90 Sec Hard - 60 Sec - Easy - 60 Sec Hard - 30 Sec Easy - 30 Sec Hard - 90 Sec Easy Repeat 3-4 Times COOL DOWN: 1 Mile	WARM-UP: None WORKOUT: Easy 5 or off COOL DOWN: None	WARM-UP: None WORKOUT: 7-8 easy – how easy can this feel? COOL DOWN: None
MILEAGE TOTAL: 3-5	MILEAGE TOTAL: 5	MILEAGE TOTAL: 6	MILEAGE TOTAL: 0-5	MILEAGE TOTAL: 6	MILEAGE TOTAL: 5	MILEAGE TOTAL: 7-8

“REGARDLESS OF WHO YOU ARE OR WHO YOU HAVE BEEN, YOU CAN BE WHAT YOU WANT TO BE.

- W. CLEMENT STONE

WEEK EIGHT

Race Week! This is taper week! Less miles – keep the intensity up! Minimize fatigue without compromising fitness!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM</i>	<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	IT'S RACE DAY!	
WARM-UP: None WORKOUT: Off or easy 4 COOL DOWN: None	WARM-UP: None WORKOUT: Flat and easy 5 miles COOL DOWN: None	WARM-UP: None WORKOUT: Off! COOL DOWN: None	WARM-UP: 1-2 Miles WORKOUT: 1 mile @ tempo pace/1 min easy x 2-3 COOL DOWN: 1-2 Miles	WARM-UP: None WORKOUT: Easy 3-4 COOL DOWN: None	 WARM-UP: 15 Minutes WORKOUT: RACE DAY! COOL DOWN: 15 Minutes	
MILEAGE TOTAL: 0-4	MILEAGE TOTAL: 5	MILEAGE TOTAL: 0	MILEAGE TOTAL: 4-7	MILEAGE TOTAL: 3-4	MILEAGE TOTAL: 6.2	