

INTERMEDIATE RUNNER

Can Run or Jog for at least 20 minutes



Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	Rest	20 minutes easy	Rest or Crosstrain	Easy Run 20 Minutes Social Run at iRun 6PM	Easy Run 20 Minutes	Rest	Long Run 25 Minutes
2	Rest	25 minutes easy	Rest or Crosstrain	Easy Run 20 Minutes Social Run at iRun 6PM	Easy Run 20 Minutes	Rest	Long Run 30 Minutes
3	Rest	25 minutes easy	Rest or Crosstrain	Easy Run 20 Minutes Social Run at iRun 6PM	Easy Run 25 Minutes	Rest	Long Run 30 Minutes
4	Rest	25 minutes easy	Rest or Crosstrain	Easy Run 20 Minutes Social Run at iRun 6PM	Easy Run 25 Minutes	Rest	Long Run 35 Minutes
5	Rest	10min easy 4x1min hill repeats 10 min easy	Rest or Crosstrain	Easy Run 20 Minutes Social Run at iRun 6PM	Easy Run 30 Minutes	Rest	Long Run 40 Minutes
6	Rest	30 minutes easy	Rest or Crosstrain	Easy Run 20 Minutes Social Run at iRun 6PM	Easy Run 20 Minutes	Rest	Run for the Heights Race Day