



## Intermediate 13.1 Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Week 1 5/17/2021	Rest	4m - 30 minute tempo run	3 miles	4 miles	30 minute cross train	3 miles	4 miles	18
Week 2 5/24/2021	Rest	5m - 8x2min fast/2min slow	3 miles	4 miles hilly	30 minute cross train	3 miles	5 miles	20
Week 3 5/31/2021	Rest	4m - 35 min tempo run	4 miles race pace	4 miles	30 minute cross train	3.5 miles	5 miles	20.5
Week 4 6/7/2021	Rest	5m - 40 min tempo run	4 miles	4 miles	35 minute cross train	3.5 miles	6 miles	22.5
Week 5 6/14/2021	Rest	6m - 45 min tempo run	4 miles	4 miles hilly	35 minute cross train	4 miles	6 miles	24
Week 6 6/21/2021	Rest	6m - 8x4 min fast/2min slow	5 miles race pace	4 miles	40 minute cross train	4 miles	7 miles	26
Week 7 6/28/2021	Rest	7m - 50minute tempo run	5 miles	5 miles	40 minute cross train	4.5 miles	8 miles	29.5
Week 8 7/5/2021	Rest	7m - 9x4 min fast/2min slow	5 miles	5 miles hilly	45 minute cross train	4.5 miles	8 miles	29.5
Week 9 7/12/2021	Rest	7m - 10x4 min fast/1min slow	6 miles race pace	5 miles	45 minute cross train	5 miles	9 miles	32
Week 10 7/19/2021	Rest	7m - 55 minute tempo run	6 miles	5 miles	50 minute cross train	5 miles	9 miles	32
Week 11 7/26/2021	Rest	7m - 2x 1 mile 4x800m	7 miles	5 miles hilly	50 minute cross train	5.5 miles	10 miles	34.5
Week 12 8/2/2021	Rest	8m - 60 minute tempo run	7 miles race pace	6 miles	55 minute cross train	5.5 miles	10 miles	36.5
Week 13 8/9/2021	Rest	7m - 2x1 mile 4x800m	7 miles	6 miles	55 minute cross train	6 miles	11 miles	37
Week 14 8/16/2021	Rest	7m - 3x1 mile 4x800m	8 miles	6 miles hilly	60 minute cross train	6 miles	12 miles	39
Week 15 8/23/2021	Rest	8m - 4x1 mile 4x800	8 miles	6 miles	60 minute cross train	7 miles	14 miles	43
Week 16 8/30/2021	Rest	8m - 4x1 mile 4x800	7 miles race pace	5 miles	60 minute cross train	5 miles	12 miles	37
Week 17 9/6/2021	Rest	6m - 2x1 mile 4x800m	7 miles	5 miles	60 minute cross train	4 miles	11 miles	33
Week 18 9/13/2021	Rest	30 minute tempo	4 miles	3 easy miles	Rest	AFM 13.1 Race Day		23.1



\*Cross training can be or a combination of bicycling, elliptical, strength training, swimming etc.

\*Warm up and cool down in addition in addition to the workout. ~ .5 - 1 mile.

\*Tempo runs start at an easy pace and gradually increase in speed about 10-15 seconds per mile.