



INTERMEDIATE 13.1 TRAINING PROGRAM

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Week 1 5/16/2022	Rest	4m - 30 minute tempo run	3 miles	4 miles	30 minute cross train	3 miles	4 miles	18
Week 2 5/23/2022	Rest	5m - 8x2min fast/2min slow	3 miles	4 miles hilly	30 minute cross train	3 miles	5 miles	20
Week 3 5/30/2022	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 6/6/2022	Rest	5m - 40 min tempo run	4 miles	4 miles	35 minute cross train	3.5 miles	6 miles	22.5
Week 5 6/13/2022	Rest	6m - 45 min tempo run	4 miles	4 miles hilly	35 minute cross train	4 miles	6 miles	24
Week 6 6/20/2022	Rest	6m - 8x4 min fast/2min slow	5 miles race pace	4 miles	40 minute cross train	4 miles	7 miles	26
Week 7 6/27/2022	Rest	7m - 50minute tempo run	5 miles	5 miles	40 minute cross train	4.5 miles	8 miles	29.5
Week 8 7/4/2022	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 7/11/2022	Rest	7m - 10x4 min fast/1min slow	6 miles race pace	5 miles	45 minute cross train	5 miles	9 miles	32
Week 10 7/18/2022	Rest	7m - 55 minute tempo run	6 miles	5 miles	50 minute cross train	5 miles	9 miles	32
Week 11 7/25/2022	Rest	7m - 2x 1 mile 4x800m	7 miles	5 miles hilly	50 minute cross train	5.5 miles	10 miles	34.5
Week 12 8/1/2022	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 8/8/2022	Rest	7m - 2x1 mile 4x800m	7 miles	6 miles	55 minute cross train	6 miles	11 miles	37
Week 14 8/15/2022	Rest	7m - 3x1 mile 4x800m	8 miles	6 miles hilly	60 minute cross train	6 miles	12 miles	39
Week 15 8/22/2022	Rest	8m - 4x1 mile 4x800	8 miles	6 miles	60 minute cross train	7 miles	14 miles	43
Week 16 8/29/2022	Rest	8m - 4x1 mile 4x800	7 miles race pace	5 miles	60 minute cross train	5 miles	12 miles	37
Week 17 9/5/2022	Rest	6m - 2x1 mile 4x800m	7 miles	5 miles	60 minute cross train	4 miles	11 miles	33
Week 18 9/12/2022	Rest	30 minute tempo	4 miles	3 easy miles	Rest	AFM 13.1 Race Day		23.1