



INTERMEDIATE 13.1 TRAINING PROGRAM

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Week 1 5/15/2023	3 miles	Rest	4m - 30 minute tempo run	4 miles	30 minute cross train	3 miles	4 miles	18
Week 2 5/22/2023	3 miles	Rest	5m - 8x2min fast/2min slow	4 miles hilly	30 minute cross train	3 miles	5 miles	20
Week 3 5/29/2023	4 miles race pace	Rest	4m - 35 min tempo run	4 miles	30 minute cross train	3.5 miles	5 miles	20.5
Week 4 6/7/2023	4 miles	Rest	5m - 40 min tempo run	4 miles	35 minute cross train	3.5 miles	6 miles	22.5
Week 5 6/12/2023	4 miles	Rest	6m - 45 min tempo run	4 miles hilly	35 minute cross train	4 miles	6 miles	24
Week 6 6/19/2023	5 miles race pace	Rest	6m - 8x4 min fast/2min slow	4 miles	40 minute cross train	4 miles	7 miles	26
Week 7 6/26/2023	5 miles	Rest	7m - 50minute tempo run	5 miles	40 minute cross train	4.5 miles	8 miles	29.5
Week 8 7/3/2023	5 miles	Rest	7m - 9x4 min fast/2min slow	5 miles hilly	45 minute cross train	4.5 miles	8 miles	29.5
Week 9 7/10/2023	6 miles race pace	Rest	7m - 10x4 min fast/1min slow	5 miles	45 minute cross train	5 miles	9 miles	32
Week 10 7/17/2023	6 miles	Rest	7m - 55 minute tempo run	5 miles	50 minute cross train	5 miles	9 miles	32
Week 11 7/24/2023	7 miles	Rest	7m - 2x 1 mile 4x800m	5 miles hilly	50 minute cross train	5.5 miles	10 miles	34.5
Week 12 7/31/2023	7 miles race pace	Rest	8m - 60 minute tempo run	6 miles	55 minute cross train	5.5 miles	10 miles	36.5
Week 13 8/7/2023	7 miles	Rest	7m - 2x1 mile 4x800m	6 miles	55 minute cross train	6 miles	11 miles	37
Week 14 8/14/2023	8 miles	Rest	7m - 3x1 mile 4x800m	6 miles hilly	60 minute cross train	6 miles	12 miles	39
Week 15 8/21/2023	8 miles	Rest	8m - 4x1 mile 4x800	6 miles	60 minute cross train	7 miles	14 miles	43
Week 16 8/28/2023	7 miles race pace	Rest	8m - 4x1 mile 4x800	5 miles	60 minute cross train	5 miles	12 miles	37
Week 17 9/4/2023	7 miles	Rest	6m - 2x1 mile 4x800m	5 miles	60 minute cross train	4 miles	11 miles	33
Week 18 9/11/2023	5 miles	Rest	30 minute tempo	3 easy miles	Rest	AFM 13.1 Race Day		23.1