



# INTERMEDIATE 25K TRAINING PLAN



Day	Training Plan
<b>Week 1</b>	
Monday	Rest or walk
Tuesday	Easy day 6-8 miles, 6x20 second hill strides
Wednesday	Workout 2-3 mile warm up, 2x 3/2/1 minute hills (10k effort progressing to 5k effort) with run down recovery, 2-3 mile cool down
Thursday	Easy day 6-8 miles
Friday	Easy day 4-6 miles or 60 minutes of aerobic cross training (bike, elliptical, hike, or swim)
Saturday	Long run 10-12 miles
Sunday	Easy day 6-8 miles, 6x20 second hill strides
<b>Week 2</b>	
Monday	Rest or walk
Tuesday	Easy day 6-8 miles, 6x20 second hill strides
Wednesday	Workout 2-3 mile warm up, 4x3 minute hills (10k effort) with a run down recovery, 2-3 mile cool down
Thursday	Easy day 6-8 miles
Friday	Easy day 4-6 miles or 60 minutes of aerobic cross training (bike, elliptical, hike, or swim)
Saturday	Long run 10-12 miles
Sunday	Easy day 6-8 miles, 6x20second hill strides
<b>Week 3</b>	
Monday	Rest or walk
Tuesday	Easy day 6-8 miles, 6x20 second hill strides
Wednesday	Workout 2-3 mile warm up, 6x1 minute hills (10k effort) with run down recovery followed by 15 minutes (half marathon effort) on flat or rolling hills, 2-3 mile cool down

Thursday	Easy day 6-8 miles
Friday	Easy day 4-6 miles or 60 minutes of aerobic cross training (bike, elliptical, hike, or swim)
Saturday	Long run 12-14 miles
Sunday	Easy day 6-8 miles, 6x20second hill strides
<b>Week 4</b>	
Monday	Rest or walk
Tuesday	Easy day 6-8 miles, 6x20 second hill strides
Wednesday	Workout 2-3 mile warm up, 3x3 minute hills (10k effort) with run down recovery followed by 15 minutes (half marathon effort) on flat or rolling hills, 2-3 mile cool down
Thursday	Easy day 6-8 miles
Friday	Easy day 4-6 miles or 60 minutes of aerobic cross training (bike, elliptical, hike, or swim)
Saturday	Long run 14-16 miles
Sunday	Easy day 6-8 miles, 6x20second hill strides
<b>Week 5</b>	
Monday	Rest or walk
Tuesday	Easy day 6-8 miles, 6x20 second hill strides
Wednesday	Workout 2-3 mile warm up, 25 minutes (marathon effort) on flat or rolling hills, 2-3 mile cool down Taper!
Thursday	Easy run 5-6 miles
Friday	Easy day 4-6 miles or 60 minutes of aerobic cross training (bike, elliptical, hike, or swim)
Saturday	Long run 10-12 miles
Sunday	Easy run 5-6 miles, 4x20 second hill strides
<b>Week 6 – Race Week!</b>	
Monday	Rest!

Tuesday	Easy run 4-6 miles
Wednesday	Easy run 4-6 miles
Thursday	Easy run 4-6 miles
Friday	Pre-race 30-45 minute run, 4x20 second hill strides
Saturday	Race day!
Sunday	Food!!!!