



# RACEFEST

## HALF TRAINING PLAN Intermediate

| WEEK              | MON         | TUE                             | WED              | THU   | FRI     | SAT                            | SUN                            |
|-------------------|-------------|---------------------------------|------------------|---|---------|--------------------------------|--------------------------------|
| 1<br>1/26 - 2/1   | Cross train | 3 miles + runner strength       | 3 miles + planks | 5 x 400m* + runner strength                             | Rest    | 5 miles + planks               | 3 miles                        |
| 2<br>2/2 - 2/8    | Cross train | 3 hilly miles Surge up them     | 3 miles + planks | 3 x 10 min tempo* + runner strength                     | Rest    | 6 miles + planks               | 4 miles + runner strength      |
| 3<br>2/9 - 2/15   | Cross train | 4 miles + runner strength       | 3 miles + planks | 6 x 400m* with 1.5 - 2.5 min recovery + runner strength | Rest    | 6 miles + planks               | 60 min cross train             |
| 4<br>2/16 - 2/22  | Cross train | 4 miles + runner strength       | 3 miles + planks | 4 x 10 min tempo* with 3 min recovery + runner strength | Rest    | 7 miles with fartleks + planks | 3 miles + runner strength      |
| 5<br>2/23 - 3/1   | Cross train | 5 hilly miles + runner strength | 3 miles + planks | 4 x 800m* with 1.5 - 2.5 min recovery + runner strength | Rest    | 8 miles + planks               | 60 min cross train             |
| 6<br>3/2 - 3/8    | Cross train | 4 miles                         | 3 miles + planks | 3 x 15 min tempo* with 3 min recovery + runner strength | Rest    | 9 miles + planks               | 4 miles + runner strength      |
| 7<br>3/9 - 3/15   | Cross train | 5 miles + runner strength       | 3 miles + planks | 8 x 400m* with 1.5 - 2.5 min recovery + runner strength | Rest    | 7 miles with fartleks + planks | 60 min cross train             |
| 8<br>3/16 - 3/22  | Cross train | 5 hilly miles + runner strength | 3 miles + planks | 2 x 20 min tempo* with 3 min recovery + runner strength | Rest    | 8 miles + planks               | 4 miles + runner strength      |
| 9<br>3/23 - 3/29  | Cross train | 5 miles + runner strength       | 3 miles + planks | 3 miles   | Rest    | 9 miles + planks               | 60 min cross train             |
| 10<br>3/30 - 4/5  | Cross train | 6 hilly miles + runner strength | 3 miles + planks | 5 x 800m* with 1.5 - 2.5 min recovery + runner strength | Rest    | 10 hilly miles + planks        | 5 miles + runner strength      |
| 11<br>4/6 - 4/12  | Cross train | 5 miles + runner strength       | 3 miles + planks | 1 x 45 min tempo* + runner strength                     | Rest    | 11 miles + planks              | 45 min cross train             |
| 12<br>4/13 - 4/19 | Rest        | 2 miles                         | 3 miles + planks | Rest  | 2 miles | <b>Charlotte Racefest!</b>     | Celebrate your accomplishment! |

\* include 1 mile warm up and cool down

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