

RUNNING: INTERMEDIATE

GOAL: TO FINISH A 10K RACE, THEN A HALF-MARATHON

You're no longer a beginner runner! Now that your cardio foundation and your pace have been established it's time to focus on increasing your mileage and time. To do the latter, you'll need to incorporate speed work at a local track. Speed work (aka running for a short distance as fast as you can) recruits fast-twitch muscles, which allows you to maintain your pace for a longer period. That means that with time and training, you'll be able to finish a 10K and then a half-marathon (13 miles). Running 10Ks is particularly fun because they're the perfect length to allow you to reach your comfort level, then push your pace a little faster so you can improve your finish time; this will be a big help during a half-marathon. The first two months of the following program focuses on training for a 10K; the second two months will help you train to build on that goal to complete a half-marathon. Plan to run four days every week, on whatever days fit best into your schedule.

10K TRAINING PROGRAM

WEEK 1

DAY 1	3-mile run at your usual pace
DAY 2	2-mile run, shaving 30 seconds to 1 minute per mile off your usual 3-mile run pace
DAY 3	3-mile run at your usual pace
DAY 4	2-mile interval run (run as fast as you can for 1 minute, then drop back to your usual pace or even a bit slower for 2 minutes, alternating for 2 miles)

WEEK 2

DAY 1	3 1/2-mile run at your usual pace
DAY 2	4-mile run at a slower-than-normal pace
DAY 3	3-mile run at your usual pace
DAY 4	3 1/2-mile run, shaving 30 seconds to 1 minute per mile off your usual pace

WEEK 3

DAY 1	4-mile run at a slower-than-normal pace
DAY 2	3-mile interval run (run as fast as you can for 1 minute, then drop back to your usual pace or even a bit slower for 2 minutes, alternating for 3 miles)
DAY 3	3 1/2-mile run at your usual pace
DAY 4	4-mile run at your usual pace

WEEK 4

DAY 1	4-mile timed run (run it as fast as you can and record the time; this will tell you if your time is improving)
DAY 2	3-mile run (run a 10-minute mile, or less, if you can)
DAY 3	3-mile timed run (as for Day 2)
DAY 4	4-mile run at your usual pace

WEEK 5	
DAY 1	5-mile pace run
DAY 2	3 1/2-mile timed run (as described in Day 1 of Week 4)
DAY 3	4-mile pace run
DAY 4	Speed work at a track: Run 4 x 400s (one lap around the track equals 400 meters. Run one lap around the track as fast as you can, then rest for 3 to 4 minutes and repeat three more times). Then do 4 x 200s (1/2 lap around the track equals 200 meters. Rest for 2 minutes between each 1/2 lap).

WEEK 6	
DAY 1	5-mile pace run
DAY 2	6-mile pace run
DAY 3	4-mile timed run
DAY 4	Speed work at a track: Repeat the plan from Day 4 of Week 5

WEEK 7	
DAY 1	6-mile pace run
DAY 2	Speed work at a track: Repeat the plan from Day 4 of Week 5
DAY 3	6-mile pace run
DAY 4	7-mile run at a slower-than-usual pace

WEEK 8	
DAY 1	7- to 8-mile run at a slower-than-usual pace
DAY 2	6-mile run
DAY 3	4-mile timed run
DAY 4	3-mile pace run

RACE DAY!

HALF-MARATHON TRAINING PROGRAM

WEEK 1	
DAY 1	7-mile pace run
DAY 2	Speed work at a track: 2 x 800s (rest 4 minutes in between) 4 x 400s (rest 3 minutes in between) 4 x 200s (rest 2 minutes in between)
DAY 3	7-mile timed run
DAY 4	8-mile pace run

WEEK 2	
DAY 1	7-mile timed run
DAY 2	Speed work at a track: Repeat the plan from Day 2 of Week 1.
DAY 3	8-mile pace run
DAY 4	4-mile recovery run (run at a leisurely pace)

WEEK 3	
DAY 1	9-mile pace run
DAY 2	Speed work at a track: Repeat the plan from Day 2 of Week 1.
DAY 3	8-mile pace run
DAY 4	5-mile recovery run

WEEK 4	
DAY 1	9-mile run at a slow pace
DAY 2	Speed work at a track: Repeat the plan from Day 2 of Week 1.
DAY 3	4-mile recovery run
DAY 4	11-mile pace run

WEEK 5	
DAY 1	11-mile run at a slow pace
DAY 2	Speed work at a track: Repeat the plan from Day 2 of Week 1.
DAY 3	9-mile pace run
DAY 4	6-mile recovery run

WEEK 6	
DAY 1	13-mile run at a slow pace
DAY 2	Speed work at a track: Repeat the plan from Day 2 of Week 1.
DAY 3	4-mile recovery run
DAY 4	9-mile pace run

WEEK 7	
DAY 1	14-mile pace run
DAY 2	Speed work at a track: Repeat the plan from Day 2 of Week 1.
DAY 3	6-mile recovery run
DAY 4	9-mile pace run

WEEK 8	
DAY 1	13-mile pace run
DAY 2	4- to 5-mile recovery run
DAY 3	Day off
DAY 4	5-mile pace run

RACE DAY!