



5 Days per Week, 8-Week, *Intermediate Runner* Bloomsday Training Schedule

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total Miles
1	<p>Run 3 miles You will be running hard enough to know you are exercising, but you can still have an active conversation.</p>	<p>Hill run 3 miles Plan your run to include at least one hill about the middle. Run hard up the hill with a recovery jog down the hill. Repeat at least three times.</p>	Rest	<p>Run 3 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p>Interval run 3 miles Warm up at an easy jog for 10 minutes. Now run at a hard pace for 4 minutes. Recover by slowing pace and jog/walk for 2 minutes. Repeat 5 times. Cool down for 10 minutes.</p>	Rest	<p>Easy run 3 miles Throughout your miles you will start to feel warm yet still be able to talk easily or sing along to your iPod.</p>	15
2	<p>Run 3 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p>Run 3 miles Throughout the run vary speeds from comfortable to fast. The intervals of fast should be short and hard (30-60 seconds), catching your breath between bursts.</p>	Rest	<p>Run 3 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p>Interval run 2.5 miles Warm up at an easy jog for 10 minutes. Now run at a hard pace for 2 minutes. Recover by slowing pace and jog for 1 minute. Repeat 10 times. Cool down for 10 minutes.</p>	Rest	<p>Long run 4 miles You should feel a little breathless. You will experience sweat and an apparent increase in heart rate. Sentences will be shorter but still active conversation.</p>	15.5
3	<p>Run 3.5 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p>Run 3 miles Throughout the run vary speeds from comfortable to fast. The intervals of fast should be short and hard (30-60 seconds), catching your breath between bursts.</p>	Rest	<p>Run 4 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p>Interval run 3 miles Warm up at an easy jog for 10 min. Now run at a hard pace for 2 min. Recover by slowing pace and jog for 1 min. Repeat 12 times. Cool down for 10 minutes.</p>	Rest	<p>Long run 4 miles You should feel a little breathless. You will experience sweat and an apparent increase in heart rate. Sentences will be shorter but still active conversation.</p>	17.5

4	<p>Run 4 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p>Hill run 3 miles Plan your run to include at least one hill about the middle. Run hard up the hill with a recovery jog down the hill. Repeat at least three times.</p>	Rest	<p>Run 4 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p>Interval run 3 miles Warm up at an easy jog for 10 minutes. Now run at a hard pace for 4 minutes. Recover by slowing pace and jog/walk for 2 minutes. Repeat 4 times. Cool down for 10 minutes.</p>	Rest	<p>Long run 5 miles You should feel a little breathless. You will experience sweat and an apparent increase in heart rate. Sentences will be shorter but still active conversation.</p>	19
5	<p>Pace Run 4 miles Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	<p>Run 3 miles Throughout the run vary speeds from comfortable to fast; the intervals of fast should be short with full recovery between bursts.</p>	Rest	<p>Pace Run 4 miles Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	<p>Interval run 2.5 miles Warm up at an easy jog for 10 minutes. Now run at a hard pace for 2 minutes. Recover by slowing pace and jog for 1 minute. Repeat 10 times. Cool down for 10 minutes.</p>	Rest	<p>Long Run 6 miles You should feel a little breathless. You will experience sweat and an apparent increase in heart rate. Sentences will be shorter but still active conversation.</p>	19.5
6	<p>Run 4 miles Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	<p>Hill run 4 miles Plan your run to include at least one hill about the middle. Run hard up the hill with a recovery jog down the hill. Repeat at least three times.</p>	Rest	<p>Run 5 miles Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	<p>Interval run 1.25 miles Warm up at an easy jog for 10 minutes. Now run at a hard pace for 1 minutes. Recover by slowing pace and jog for 45 seconds. Repeat 10 times. Cool down for 10 minutes.</p>	Rest	<p>Long run 7 miles You should feel a little breathless. You will experience sweat and an apparent increase in heart rate. Sentences will be shorter but still active conversation.</p>	21.25

7	<p>Run 5 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p>Hill run 4 miles Plan your run to include at least one hill about the middle. Run hard up the hill with a recovery jog down the hill. Repeat at least three times.</p>	Rest	<p>Run 5 miles Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	<p>Interval run 3.5 miles Warm up at an easy jog for 10 minutes. Now run at a hard pace for 4 minutes. Recover by slowing pace and jog/walk for 2 minutes. Repeat 5 times. Cool down for 10 minutes.</p>	Rest	<p>Run 7 miles This will be your expected race pace on the level and down hills. Sweating and increased heart rate will be apparent; sentences are shorter but still able to talk.</p>	24.5
8	<p>Run 3 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p>Run 3 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	Rest	<p>Run 3 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p>Easy run 3 miles You should feel like you could go on forever and carry on a completely normal conversation.</p>	Rest	<p>Race Day! 7.46 miles</p>	18.46

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