



## 4 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><b>Long easy run 4.5 miles</b> Throughout your miles you will start to feel warm yet still be able to talk easily or sing along to your iPod.</p>	<p><b>Interval run 2 miles</b> 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 8 times. Cool down for 10 minutes.</p>	Rest	<p><b>Run 3 miles</b> You will be running hard enough to know you are exercising, but you can still have an active conversation.</p>	<p><b>Cross-Training</b> Pick a fun activity! Try something different-just make sure to get your heart rate up for about an hour!</p>	Rest	<p><b>Run 4 miles</b> You will be running hard enough to know you are exercising, but you can still have an active conversation</p>	13.5
2	<p><b>Long easy run 4.5 miles</b> You should feel like you could go on forever and carry on a completely normal conversation.</p>	<p><b>Hill run 3 miles</b> 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><b>Run 4 miles</b> Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p><b>Cross-Training</b> Pick a fun activity! Try something different-just make sure to get your heart rate up for about an hour!</p>	Rest	<p><b>Run 4 miles</b> Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	15.5
3	<p><b>Long run 5 miles</b> You should feel a little breathless. You will experience sweat and an apparent increased heart rate. Sentences will be shorter but still active conversation.</p>	<p><b>Interval run 2.5 miles</b> Warm up at an easy jog for 10 min. Now run at a hard pace for 2 minutes. Recover by slowing pace and jog for 1 min. Repeat 10 times. Cool down for 10 min.</p>	Rest	<p><b>Run 4.5 miles</b> Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p><b>Cross-Training</b> Pick a fun activity! Try something different-just make sure to get your heart rate up for about an hour!</p>	Rest	<p><b>Run 5 miles</b> Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	17

4	<p><b>Long run 6 miles</b> You should feel a little breathless. You will experience sweat and an apparent increased heart rate. Sentences will be shorter but still active conversation.</p>	<p><b>Hill run 4 miles</b> 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><b>Run 4.5 miles</b> Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p><b>Cross-Training</b> Pick a fun activity! Try something different-just make sure to get your heart rate up for about an hour!</p>	Rest	<p><b>Run 5 miles</b> Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	19.5
5	<p><b>Long run 6 miles</b> You should feel a little breathless. You will experience sweat and an apparent increased heart rate. Sentences will be shorter but still active conversation.</p>	<p><b>Run 3 miles</b> 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><b>Run 5 miles</b> Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	<p><b>Cross-Training</b> Pick a fun activity! Try something different-just make sure to get your heart rate up for about an hour!</p>	Rest	<p><b>Run 5 miles</b> Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	19
6	<p><b>Long run 7 miles</b> 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>	<p><b>Hill Run 4 miles</b> 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><b>Run 5 miles</b> Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	<p><b>Cross-Training</b> Pick a fun activity! Try something different-just make sure to get your heart rate up for about an hour!</p>	Rest	<p><b>Run 5 miles</b> Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	21

7	<p><b>Long run 8 miles</b></p> <p>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>	<p><b>Interval run 2.5 miles</b></p> <p>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><b>Run 5 miles</b></p> <p>You will be running at your fastest pace possible for 5 miles. Reasonably high intensity, fatigue sensations are apparent. You will feel "tired" after this run.</p>	<p><b>Cross-Training</b></p> <p>Pick a fun activity! Try something different-just make sure to get your heart rate up for about an hour!</p>	Rest	<p><b>Run 5 miles</b></p> <p>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>	20.5
8	<p><b>Long run 5 miles</b></p> <p>You should feel a little breathless. You will experience sweat and an apparent increased heart rate. Sentences will be shorter but still active conversation.</p>	<p><b>Run 2 miles</b></p> <p>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><b>Run 3 miles</b></p> <p>You should feel a little breathless. You will experience sweat and an apparent increased heart rate. Sentences will be shorter but still active conversation.</p>	<p><b>Cross-Training</b></p> <p>Pick a fun activity! Try something different-just make sure to get your heart rate up for about an hour!</p>	Rest	<p><b>Race Day!</b> 7.46 miles</p>	20.46

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