

## Intermediate Summer Running Program

Week	Monday Tempo	Tuesday Intervals	Wednesday	Thursday Fartleks	Friday	Saturday Long Runs	Sunday Rest
1	15 mins	4 x 400 400m recovery jog between each rep	20 mins	15 min	20 mins	30 mins	Rest or 15 mins easy
2	15 mins	2 x 800 3 mins walking or jogging	20 mins	15 mins	20 mins	30 mins	Rest or 15 mins easy
3	20 mins	2 x 600 200m recovery jog between each rep	20 mins	15 mins	20 mins	35 mins	Rest or 15 mins easy
4	20 mins	5 x 400 400m recovery jog between each rep	20 mins	15 mins	20 mins	35 mins	Rest or 20 mins easy
5	25 mins	3 x 800 3 mins walking or jogging	20 mins	15 mins	20 mins	40 mins	Rest or 20 mins easy
6	25 mins	3 x 600 200m recovery jog between each rep	20 mins	15 mins	20 mins	40 mins	Rest or 20 mins easy
7	30 mins	6 x 400 400m recovery jog between each rep	20 mins	15 mins	20 mins	45 mins	Rest or 20 mins easy
8	30 mins	2 x 1000 3 mins walking or jogging	20 mins	15 mins	20 mins	45 mins	Rest or 20 mins easy
9	35 mins	4 x 600 200m recovery jog between each rep	20 mins	15 mins	20 mins	50 mins	Rest or 20 mins easy

**Tempo Runs-** begin with 5-10 mins of gentle jogging, gradually accelerate and run 5-10 mins at your peak speed, then decelerate to a gentle jog to finish.

**Intervals-** The pace at which you run—plus the rest interval in between—needs to be CONSISTENT. Pick a pace during the first rep that you can maintain for all the reps. If your run intervals become slower or you find you need more rest to recover, then you are doing them incorrectly. CONSISTENCEY IS KEY!

**Fartleks-** Fartlek is a Swedish word that means “speed play.” After 5 or 10 minutes of gentle jogging at the start, pick up the pace and surge for maybe 10 or 20 or more seconds, then jog or even walk for a near equal time until partly recovered, then surge again. These speed bursts could be anywhere from 100 to 400 meters, or longer.

**Long Runs-** Can be done on Sunday’s rather than Saturday’s. Are necessary to improve endurance. Should run at a conversational pace

**Rest/Easy Days-** Must run them easy or risk injury and overtraining.