



10-WEEK INTERMEDIATE TRAINING PROGRAM

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
Aug 3-9	3 Miles	4 miles	3 miles	MHR 5 Miles	Rest	7 Miles	Walk/XT	~22
Aug 10-16	3 Miles	MHR 5 miles	3 miles	5 Miles	Rest	8 Miles (1-2 hilly miles in last 1/2 of run)	Walk/XT	~24
Aug 17-23	3 Miles	4 miles	3 miles	MHR 6 Miles	Rest	5 Miles	Walk/XT	~21
Aug 24-30	3 Miles	MHR 6 miles	3 miles	6 Miles	Rest	9 Miles (2-3 hilly miles in last 1/2 of run)	Walk/XT	~27
Aug 31- Sept 6	3 Miles	4 miles	3 miles	MHR 7 miles	Rest	7 Miles	Walk/XT	~24
Sept 7-13	3 Miles	MHR 6 miles	3 miles	7 Miles	Rest	11 Miles (3-4 hilly miles in last 1/2 of the run)	Walk/XT	~30
Sept 14-20	3 Miles	5 miles	4 miles	MHR 7 miles	Rest	6 Miles	Walk/XT	~25
Sept 21-27	3 Miles	6 miles	4 miles	5 Miles	Rest	12 Miles (3-4 hilly miles in last 1/2 of run)	Walk/XT	~30
Sept 28- Oct 4	3 Miles	4 miles	4 miles	3 miles	Rest	6 Miles	Walk/XT	~20
Oct 5-11	3 Miles	4 miles	Rest or walk	3 miles	30 min walk	RACE!	30 min walk	

Medium Hill Run (MHR)- These runs should have lots of rolling hills in them. They can have some flats but you definitely want to look for hills. Look for hills less than a mile in distance that go up 100-250 feet (in elevation) and then back down. These are done at comfortable pace. They are not "hill sprints". This workout helps prepare you for the multiple climbs and descents that are in the Salem Half Marathon. Be sure and run these at a "relatively" conversational pace. If a section becomes too steep to run, then power hike up it until you can resume running.

If you have any kind of pain or injury DO NOT do any kind of hill training/running until you have recovered fully. A little hill training goes a long way. Be a little conservative until you get to know how your body will respond to the hills. We want you to make it to the starting line healthy!

"Hilly miles" on the long runs, do these in the last half of your long runs. Look for the same kind of terrain that you run your MHR runs on. When you do these "hilly miles" remember that for every 2% increase in grade you are running, the relative effort level is approximately 40-60 seconds harder. For example, if someone running a 10 minute mile on flat ground increases the grade 2%, that same pace now will actually feel like about 9:20 mile, increase the grade to 4% and now that 10 minute mile pace will actually feel more like an 8:20 pace. It is important to respect the hills/gradient and not try to keep up the same pace you would on flats, otherwise you will be going too hard. This means slow the pace down as you increase the grade/incline. It should feel only a little bit harder than your flat runs. If you can't talk, then slow down the pace.

FAQ

Can I run hilly courses on my Easy runs? For example Monday, Wednesday, Sunday runs?

It is preferable to make these Easy run days relatively flat or rolling. We are adding stress in the form of hills and long runs on your hard days. It is best to give your body a break on the Easy days and not go looking for big hills or climbs.

What type of terrain should I be doing my weekend long runs on?

Try to do the majority of these on flattish to slightly rolling terrain and then once it calls for "hilly miles" during the run, THEN start looking for hills/climbs.

I like to run trails. Can I do trail running?

Trail running is a great way to train. It is fun and gives you some strength benefits road running doesn't; however, we recommend if you want to run trail do it on days where you are **not doing long runs**. Doing trail occasionally on an **MHR** day would be fine. Just remember your pace on trail should be quite a bit slower. A good way to gauge effort level on the trail is the talk test...keep it relatively conversational and you won't be going too hard. Lastly, if you are running trail on EASY running days, don't seek out super tough trail to run. The object of EASY days is to build your aerobic base without causing too much stress.

How should hills affect my pace?

Hills slow paces down. When you are running them one the best ways to gauge effort level is by the talk test. If you are running up a hill on a long run or MHR day and you can't say more than a few words...slow down a little. You still want to be able to be relatively conversational...even when going up climbs.

Can I move around days to accommodate conflicts that may arise?

Yes, with a couple of stipulations. Your weekly hard days are MHR runs and Long runs. You will have 1-2 of these hard days each week. Always have an easy day of running (or off) in between hard days. **When moving around workout days don't have two hard days back to back.**

What if I am sick and miss some workouts?

It is important to understand that this most likely will happen and that is OK. The most crucial runs are your weekend long runs, as they build upon each other so try not to miss them....with that being said, if you are sick and miss training, don't try to make it up. Just resume the program as soon as possible and don't worry too much about it. Life happens!