

15K Intermediate



Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	3-mile run & strength	4-mile run	4 X 800 5K pace	2-mile run & strength	Rest	6-mile run	60 min. cross-train
2	3-mile run & strength	5-mile run	30 min. tempo run	3-mile run & strength	Rest	7-mile run	60 min. cross-train
3	3-mile run & strength	6-mile run	5 X 800 5K pace	4-mile run & strength	Rest	8-mile run	60 min. cross-train
4	3-mile run & strength	4-mile run	35 min. tempo run	2 mile run & strength	Rest	4-mile run	5K Race
5	3-mile run & strength	5-mile run	6 X 800 5K pace	3-mile run & strength	2-mile run	7-mile run	60 min. cross-train
6	3-mile run & strength	6-mile run	40 min. tempo run	4-mile run & strength	Rest	8-mile run	60 min. cross-train
7	3-mile run & strength	4-mile run	7 X 800 5K pace	2-mile run & strength	Rest	4-mile run	10K Race
8	3-mile run & strength	5-mile run	45 min. tempo run	3-mile run & strength	Rest	9-mile run	60 min. cross-train
9	3-mile run & strength	6-mile run	8 X 800 5K pace	4-mile run & strength	Rest	10-mile run	60 min. cross-train
10	3-mile run & strength	4-mile run	30 min. tempo run	4-mile run	Rest	Rest	15K Race