



GumTree Run
 May 8, 2010
 Training Program for Intermediate Runners

What is this?

This program is designed to boost endurance. For each run that takes less than 30 minutes, walk the rest up to 30 minutes. Distance below is in miles.

Schedule

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	1	1	0	1	0	1.5	0
2	1	1.5	0	1.5	0	2	0
3	1.5	1	0	2	0	2.5	0
4	1.5	1.5	0	2	0	3	0
5	1	2	0	2	0	3	0
6	1.5	2	0	2	0	3.5	0
7	2	1	2	1	0	4	0
8	1	3	2	2	0	3	0
9	2	1	2	1	0	4.5	0
10	1.5	3	2.5	2	0	3	0
11	2	1.5	2	1.5	0	5	0
12	2	3	2.5	2.5	0	3	0
13	2	2.5	2	2	0	5.5	0
14	2	3	2	2	0	6	0
15	2	1	2	1	0	3	0
16	4	3	2	0	0	GUMTREE	

TIPS

Remember to go slow on race day and take water at all 4 stations.