

Intermediate

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

<u>WEEK</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
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	

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