

Month 2

Intermediate

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
OFF	TT volume 4 Run time = 75 min (Complete full workout) Avg Pace = 7:30 to 9:30 min/mile	Run 80 min @ TTP	TT volume 4 Run time = 75 min (Complete full workout) Avg Pace = 7:30 to 9:30 min/mile	Run 7 miles (11.2 km) @ PHMP	OFF	RUN 9 miles (14.4 km)
OFF	Hill Runner 1 Run time = 54 min (Complete sections 1, 2, 3) Avg Pace = 7 to 9 min/mile	Run 90 min @ TTP	OFF	TT volume 5 Run time = 81 min (Complete Sections 1, 2, 3) Avg Pace = 7:30 to 9:30 min/mile	RUN 10 miles (16 km)	OFF
TT volume 5 Run time = 81 min (Complete Sections 1, 2, 3) Avg Pace = 7:30 to 9:30 min/mile	OFF	Hill Runner 2 Run time = 65 min (Complete full workout) Avg Pace = 6:30 to 8:30 min/mile	Run 9 miles (14.4 km) @ PHMP	Hill Runner 1 Run time = 83 min (Complete full workout) Avg Pace = 7 to 9 min/mile	OFF	RUN 11 miles (17.6 km)
OFF	TT volume 5 Run time = 100min (Complete full workout) Avg Pace = 7 to 9 min/mile	OFF	TT volume 5 Run time = 100min (Complete full workout) Avg Pace = 7 to 9 min/mile	OFF	OFF	RUN 10.5 miles (16.8 km)