

# Intermediate Mile Plan

For runners who can currently run comfortably for 40 minutes, four or five times per week.

HI: High intensity (difficult pace)  
 MI: Moderate intensity (challenging pace)  
 LI: Low intensity (easy pace)  
 XT: Cross-training

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 1</b>	Rest or XT	<b>Speed Play Run</b> 30 min @ LI w/ 8 x 20 sec @ HI	<b>Easy Run</b> 30 min @ LI	<b>Tempo Run</b> 10 min @ LI 10 min @ MI 10 min @ LI	Rest or XT	<b>Easy Run</b> 30 min @ LI	<b>Easy Run</b> 45 min @ LI
<b>Week 2</b>	Rest or XT	<b>Speed Play Run</b> 30 min @ LI w/ 8 x 30 sec @ HI	<b>Easy Run</b> 35 min @ LI	<b>Tempo Run</b> 10 min @ LI 14 min @ MI 10 min @ LI	Rest or XT	<b>Easy Run</b> 35 min @ LI	<b>Easy Run</b> 45 min @ LI
<b>Week 3</b>	Rest or XT	<b>Speed Play Run</b> 35 min @ LI w/ 8 x 30 sec @ HI	<b>Easy Run</b> 35 min @ LI	<b>Tempo Run</b> 10 min @ LI 18 min @ MI 10 min @ LI	Rest or XT	<b>Easy Run</b> 35 min @ LI	<b>Easy Run</b> 45 min @ LI
<b>Week 4</b>	Rest or XT	<b>Speed Play Run</b> 30 min @ LI w/ 8 x 30 sec @ HI	<b>Easy Run</b> 30 min @ LI	<b>Tempo Run</b> 10 min @ LI 14 min @ MI 10 min @ LI	Rest or XT	<b>Practice Mile</b> 10 min @ LI 1 Mile Time Trial 10 min @ LI	<b>Easy Run</b> 45 min @ LI
<b>Week 5</b>	Rest or XT	<b>Interval Run</b> 1 mile @ LI 8 x (300m @ HI + 400m @ LI) 1 mile @ LI	<b>Easy Run</b> 35 min @ LI	<b>Interval Run</b> 1 mile @ LI 4 x (800m @ HI + 400m @ LI) 1 mile @ LI	Rest or XT	<b>Easy Run</b> 35 min @ LI	<b>Fast Finish Run</b> 35 min @ LI 10 min @ MI
<b>Week 6</b>	Rest or XT	<b>Interval Run</b> 1 mile @ LI 8 x (400m @ HI + 400m @ LI) 1 mile @ LI	<b>Easy Run</b> 35 min @ LI	<b>Interval Run</b> 1 mile @ LI 4 x (1000m @ HI + 400m @ LI) 1 mile @ LI	Rest or XT	<b>Easy Run</b> 35 min @ LI	<b>Fast Finish Run</b> 40 min @ LI 10 min @ MI
<b>Week 7</b>	Rest or XT	<b>Interval Run</b> 1 mile @ LI 8 x (500m @ HI + 400m @ LI) 1 mile @ L	<b>Easy Run</b> 35 min @ LI	<b>Interval Run</b> 1 mile @ LI 4 x (1200m @ HI + 400m @ LI) 1 mile @ LI	Rest or XT	<b>Easy Run</b> 35 min @ LI	<b>Fast Finish Run</b> 40 min @ LI 10 min @ MI
<b>Week 8</b>	Rest or XT	<b>Interval Run</b> 1 mile @ LI 8 x (300m @ HI + 400m @ LI) 1 mile @ LI	<b>Easy Run</b> 35 min @ LI	<b>Fast Finish Run</b> 30:00 @ LI + 10:00 @ MI	Rest or XT	<b>1-MILE RACE</b>	