

INTERMEDIATE - EXPERIENCED  
**HOOD to COAST TRAINING PLAN**

WK	DATE	MON	TUE	WED	THU	FRI	SAT	SUN
1		3 miles <i>easy</i>	4 miles <i>easy</i>	Strength / Core	2 Miles <i>easy</i> , <b>5x400</b> @ 5K pace	Rest	5 Miles	Rest
2		3 miles <i>easy</i>	4 miles <i>easy</i>	Strength / Core	4 Miles <i>tempo</i>	Rest	5 Miles	Rest
3		4 miles <i>easy</i>	4 miles <i>easy</i>	Strength / Core	2 Miles <i>easy</i> , <b>6x400</b> @ 5K pace	Rest	5 Miles	Rest
4		4 miles <i>easy</i>	4 miles <i>tempo</i>	Strength / Core	4 Miles <i>tempo</i>	Rest	5K Race	Rest
5		4 miles <i>tempo</i>	4 miles <i>tempo</i>	Strength / Core	3 Miles <i>easy</i> , <b>8x400</b> @ 5K pace	Rest	6 Miles	Rest
6		5 miles <i>easy</i>	4 miles <i>tempo</i>	Strength / Core	4 Miles <i>easy</i> , <b>5x30sec uphill repeats</b>	Rest	6 Miles	Rest
7		5 miles <i>easy</i>	4 miles <i>tempo</i>	Strength / Core	4 Miles <i>easy</i> , <b>6x30sec uphill repeats</b>	Rest	10K (6.1 Miles) Race <i>or time</i> yourself and go at 10K race pace	Rest
8		5 miles <i>easy</i>	5 miles <i>tempo</i>	Strength / Core	4 Miles <i>easy</i> , <b>5x30sec uphill &amp; 4x30sec downhill repeats</b>	3 miles <i>or rest</i>	7 Miles	Rest
9		5 miles	5 miles <i>tempo</i>	Strength / Core	4 Miles <i>easy</i> , <b>5x30sec uphill &amp; 4x30sec downhill repeats</b>	3 miles <i>or rest</i>	7 Miles	Rest
10		5 miles TIME TRIAL (keep time & improve on week 12)	4 miles <i>easy</i>	Strength / Core	4 Miles <i>easy</i> , <b>5x30sec uphill &amp; 4x30sec downhill repeats</b>	3 miles <i>or rest</i>	8 Miles	Rest
11		5 miles	5 miles <i>tempo</i>	Strength / Core	4 Miles <i>easy</i> , <b>5x30sec uphill &amp; 4x30sec downhill repeats</b>	3 miles <i>or rest</i>	9 Miles	Rest
12		5 Miles (keep time & try to beat time from week 10)	4 miles <i>easy</i>	Strength / Core	4 miles <i>tempo</i>	3 miles <i>or rest</i>	10 Miles	Rest
13		3 Miles Morning 3 Miles Evening	4 miles <i>easy</i>	Strength / Core	5 miles <i>tempo</i>	Rest	10 Miles	Rest
14		3 Miles Morning 4 Miles Evening	4 miles <i>easy</i>	Strength / Core	4 miles <i>easy</i>	Rest	9 Miles	Rest
15		4 Miles Morning 4 Miles Evening	3 miles <i>easy</i>	Strength / Core	3 miles <i>easy</i>	Rest	6 Miles	Rest
16		4 Miles <i>easy</i>	3 miles <i>easy</i>	Strength / Core	Rest	<b>HOOD TO COAST</b>	<b>HOOD TO COAST</b>	