



## **8 Week Training Plan for the Intermediate/Advanced Runner**

Provided by [Double Diamond Endurance Sports Training](#), Kristi Young

### Training Zones

Zone 1 Warm-up and cool-down pace 50 to 65% ( of maximum effort)

Zone 2 General Conditioning 65 –80% ( Aerobic Pace)

Zone 3 Tempo Pace 80 –90% ( 10k to 5 k pace )

Zone 4 Anaerobic pace 90-95 % (5k to 1mile pace )

Zone 5 Speed 95-100% (1mile to 800m pace)

### **Week 1**

**Monday: Recovery day**

**Tuesday:** Run 50 min w/2-3 x 1 mile @ zone 4 w/ 5 min easy jog after each

**Wednesday:** Run 30 min zone 1 recovery or cross train

**Thursday:** Run 50 min zone 2-3

**Friday:** Run 30 min zone 1

**Saturday:** Run 6 miles zone 2

**Sunday: Run 8 miles zone 2**

### **Week 2**

**Monday: Recovery Day**

**Tuesday:** Run 1 hour w/ 12x200m (1/8 mile)  
Zone 4 w/ 1 min recovery jog after each

**Wednesday:** Run 40 minutes zone 2 or cross train

**Thursday :** Run 50 minutes w/1x10 min @ zone 3

**Friday:** Recovery day

**Saturday:** Run 7 miles zone 2-3 hilly course

**Sunday:** Run 9 miles zone 2

### **Week 3**

**Monday:** Recovery day

**Tuesday:** Run 1 hour w/ 3-5 x 1mile @ zone 4 w/4 min recovery

**Wednesday:** Run 1 hour @ zone 2 or x train

**Thursday:** Run 70 min. w/ 2x12 min. zone 3 w/ 4 min recovery

**Friday:** Run 40 min or cross train

**Saturday:** Run 8 miles zone 2-3 hilly course

**Sunday:** Run 11 miles zone 2

### **Week 4**

**Monday:** Recovery day

**Tuesday:** Run 1 hour w/ 12-15 x 400 @ zone 4-5 w/ 1-2 min recovery jog after each

**Wednesday:** Run 70 min zone 2 or cross train

**Thursday:** Run 70 min tempo run w/ 3x10 min. zone 3 w/ 3 min recovery after each

**Friday:** Run 40 min zone 2

**Saturday:** Run 8 miles zone 2-3 hilly course

**Sunday:** Run 14 miles zone 2

### **Week 5**

**Monday:** Recovery Day

**Tuesday:** Run 1 hour w/ 12-15x 400  
Run @ zone 4-5 w/ 1 to 2 min recovery

**Wednesday:** Run 70 min. zone 2 or cross train

**Thursday:** Run 70 min Tempo Run  
W/3x10 min. zone 3 w/3min recovery

**Friday:** Run 40 min zone 2

**Saturday:** Run 8 miles zone 2-3 Hilly course

**Sunday:** Run 14 miles zone 2

## **Week 6**

**Monday:** Recovery day

**Tuesday:** 1 hour run w/ 6-9x 1k (.62 miles)  
W/ 3 min recovery jog after each

**Wednesday:** Run 1 hour zone 2 or cross train

**Thursday:** 70 minute tempo run w/ 2x20 min zone 3 w/10 min recovery jog in between

**Friday:** Run 40 minutes zone 2 or x train

**Saturday:** Run 12 miles zone 2

**Sunday:** Run 12 miles zone 2

## **Week 7**

**Monday:** Recovery Day

**Tuesday:** Run 1 hour (approx. 5-6 miles)  
W/ 4-6 miles @ zone 4 w/3 min. recovery after each

**Wednesday:** Run 50 minutes zone 2 or cross train (swim, bike etc...)

**Thursday:** Run 1 hour tempo run w/ 3x15 minutes @ zone 3 w/ 5 min recovery after each

**Friday:** Run 30 minutes or cross train

**Saturday:** Run 7 miles rolling hills zone 2-3

**Sunday:** Run 9 miles zone 2

## **Week 8**

**Monday:** Recovery Day

**Tuesday:** Run 50 minutes  
W/ 4x2 min pickups zone 4  
W/ 2 min recovery after each pickup

**Wednesday:** Run 40 minutes (all zone 2)

**Thursday:** Run 30 minutes  
W/ 4x1min. zone 4 w/ 1:30 recovery jog after each

**Friday:** Recovery Day

**Saturday:** Run 3 miles w/4x:30 zone 4 w/ 1 minute recovery jog after each

**Sunday: Race Day**