

Run This City

NYC

8 Week Training Program

Level 3
Intermediate

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 MI Run + Strength	3.0 MI	35 MIN Tempo Run	3 MI Run + Strength	Rest	Cross Train	4.0 MI
2	3 MI Run + Strength	3.0 MI	35 MIN Tempo Run	4 MI Run + Strength	Rest	Cross Train	5.0 MI
3	3 MI Run + Strength	4.0 MI	40 MIN Tempo Run	3 MI Run + Strength	Rest	Cross Train	6.0 MI
4	3 MI Run + Strength	4.0 MI	40 MIN Tempo Run	4 MI Run + Strength	2.0 MI	Rest	6.0 MI
5	3 MI Run + Strength	5.0 MI	50 MIN Tempo Run	3 MI Run + Strength	Rest	Cross Train	6.0 MI
6	3 MI Run + Strength	5.0 MI	50 MIN Tempo Run	4 MI Run + Strength	Rest	Cross Train	7.0 MI
7	3 MI Run + Strength	6.0 MI	50 MIN Tempo Run	4 MI Run + Strength	Rest	Cross Train	8.0 MI
8	3 MI Run + Strength	3.0 MI	35 MIN Tempo Run	1-3 MI	Rest	Rest	Race