



INTERMEDIATE TRAINING PLAN

8 WEEKS



asics | Runkeeper™

Meet Coach Jess

A running veteran for more than a decade, Movold is a licensed strength and running coach in New York City, and also coaches for ASICS Runkeeper and Runner's World+ members. When she's not motivating class-goers through grueling treadmill workouts, you'll likely find her zig-zagging boroughs on bridges throughout Brooklyn and Manhattan or training for her next marathon. She's ready to push you to your next running goal as she chases her own—running a marathon in under 3 hours.



Coach Jess Movold

Starting your training a little late?

We recommend you not train less than 5 weeks, which means you should start this plan no later than week 4 (July 12th).

If your training begins somewhere between weeks 2-4, jump into the program on the current date. For example, if you start training on the week of 6/28, begin with week 2.

If your first week of training falls between weeks 2 to week 4 of the plan, we recommend:

- Cutting your overall mileage for the week by approximately 20%
- If your week contains 2 speed efforts, replace one of those efforts with an easy 3 mile run



What is RPE?

RPE stands for rate of perceived exertion. RPE allows us to pace our runs and workouts based on how we feel. Depending on proper rest, levels of recovery, stress management, and many other factors, some days feel easier or harder than others. Additionally, the terrain, weather, or other elements outside of your control can make a run feel more or less challenging than normal. This is why it's extremely important to run based on how you feel instead of focusing on exact pacing. Your pace in each run should be based on how you currently feel in that specific workout. Not how fast you ran last week or what your future goals are. We measure RPE on a scale of 1 to 10. 10 is your max effort and we will not reach that point in our workouts.

- 5 is a warm up, cool down, or recovery. This might be a brisk walk or easy jog. This should feel easy and comfortable. It's important to keep an open mind when starting out your run. Don't rush or force any kind of speed. Listen to your body!
- 6 out of 10 is considered your easy pace. This should be about 65% of your max effort and feel conversational and comfortable. If you are short of breath, then you're going too fast and should slow down until you can hold a conversation while running or jogging. It's important to run your easy runs at a pace that truly feels easy and conversational so that you can recover for your next workout.
- 7 out of 10 is considered marathon pace. If you haven't run the Marathon, this should feel roughly like a 7 on a 10 point scale. This pace is still conversational, consistent, and something you can maintain for a long duration of time at a relatively controlled heart rate.
- 8 out of 10 is where you should be for your tempo workouts. This no longer feels as conversational as that easy pace. This is stronger, more uncomfortable. Think of it as comfortably uncomfortable. This is not your max effort but it is a challenging pace to maintain during your tempo. Consider this pace anywhere from your half marathon pace down to 10k pace. Strong, uncomfortable but sustainable.
- 9 out of 10 is where you want to be for your interval efforts. These are shorter efforts than tempo runs and generally involve repeats. These are fast, strong, and uncomfortable. Think about strong form and fast leg turnover when in this effort. 9 out of 10 is very close to your max effort but you shouldn't be going so fast that your form is breaking down or you can't recover for your other workouts.

TRAINING PLAN

Weekly mileage is at least 15 to 25 miles. This runner has a base foundation with a strong running economy and can handle up to 2 quality sessions per week. This person is capable of running 8 miles at once. **Easy runs are all RPE 6, if you can't do the assigned mileage within the allotted time, stop at the maximum time).**

WEEK
1
6/21 - 6/27

MON	TUES	WED	THUR	FRI	SAT	SUN
3 Miles (25 - 30 minutes) Easy run	Active Recovery (bike, strength, swim, yoga, walk)	1 Mile Warm-up <hr/> 6x 3-minutes hard/ 1-minute rest (RPE 7/10) <hr/> 1 Mile Cooldown	Active Recovery (bike, strength, swim, yoga, walk)	3 Miles (25 - 30 minutes) Easy run	Off Day	5 Miles (45-55 minutes) Easy run

WEEK
2
6/28 - 7/4

MON	TUES	WED	THUR	FRI	SAT	SUN
3 Miles (25 - 30 minutes) Easy run	Active Recovery (bike, strength, swim, yoga, walk)	1 Mile Warm-up <hr/> 3x 5-minutes tempo/ 2-minutes rest (RPE 7/10) <hr/> 1 Mile Cooldown	Active Recovery (bike, strength, swim, yoga, walk)	4 Miles (35 - 45 minutes) Easy run	Off Day	6 Miles (55-65 minutes) Easy run

WEEK
3
7/5 - 7/11

MON	TUES	WED	THUR	FRI	SAT	SUN
4 Miles (35 - 45 minutes) Easy run	1 Mile Warm-up <hr/> 3x 3-minutes/ 2-minutes/ 1-minute hard 2-minutes rest after each interval (RPE 9/10) <hr/> 1 Mile Cooldown	Active Recovery (bike, strength, swim, yoga, walk)	1 Mile Warm-up <hr/> Ladder Workout 1-minute/ 2-minutes/ 3-minutes/ 4-minutes/ 4-minutes/ 3-minutes/ 2-minutes/ 1-minute <hr/> Rest after each interval 1 Minute (RPE 7/10) <hr/> 1 Mile Cooldown	4 Miles (35 - 45 minutes) Easy run	Off Day	7 Miles (65-75 minutes) Easy run

TRAINING PLAN

WEEK
4
7/12 - 7/18

MON	TUES	WED	THUR	FRI	SAT	SUN
3 Miles (25 - 30 minutes) Easy run	Active Recovery (bike, strength, swim, yoga, walk)	1 Mile Warm-up Out-and-back run: 10 minutes out (6-7 RPE) <9 minutes back (7-8 RPE) 1 Mile Cooldown	Active Recovery (bike, strength, swim, yoga, walk)	3 Miles (25-30 minutes) Easy run	Off Day	5 Miles (45-55 minutes) Easy run

WEEK
5
7/19 - 7/25

MON	TUES	WED	THUR	FRI	SAT	SUN
4 Miles (35 - 45 minutes) Easy run	1 Mile Warm-up 4x 3-minutes hard/ 1-minute rest 1-minute hard/ 3-minutes rest (RPE 9/10) 1 Mile Cooldown	Active Recovery (bike, strength, swim, yoga, walk)	1 Mile Warm-up 12x 1:30 minutes hard/ :30-seconds rest (7/10 RPE) 1 Mile Cooldown	4 Miles (35-45 minutes) Easy run	Off Day	7 Miles (65-75 minutes) Easy run

WEEK
6
7/26 - 8/1

MON	TUES	WED	THUR	FRI	SAT	SUN
4 Miles (35-45 minutes) Easy run	1 Mile Warm-up 5x 2-minutes hard/ 2-minutes rest (RPE 9/10) 1 Mile Cool down	Active Recovery (bike, strength, swim, yoga, walk)	1 Mile Warm-up 2x 10 Minute Tempo 4 minutes rest (RPE 7/10) 1 Mile Cool down	5 Miles (45-55 minutes) Easy run	Off Day	8 Miles (75-85 minutes) Easy run

TRAINING PLAN

WEEK 7 8/1 - 8/8	MON	TUES	WED	THUR	FRI	SAT	SUN
	4 Miles (35-45 minutes) Easy run	1 Mile Warm-up <hr/> 10x 1-Minute Hard/ 1-minute rest (RPE 9/10) <hr/> 1 Mile Cool down	Active Recovery (bike, strength, swim, yoga, walk)	1 Mile Warm-up <hr/> 10 Minute Tempo 4-minutes rest (RPE 7/10) <hr/> 3x 3-Minutes Hard/ 1-minute rest (RPE 9/10) <hr/> 1 Mile Cool down	4 Miles (35-45 minutes) Easy run	Off Day	4 Miles (35-45 minutes) Easy run

WEEK 8 8/9 - 8/15	MON	TUES	WED	THUR	FRI	SAT	SUN
	3 Miles (25-30 minutes) Easy run	Active Recovery (bike, strength, swim, yoga, walk)	3 Miles (25-30 minutes) Easy run	Off Day	3 Miles (25-30 minutes) Easy run	Active Recovery (bike, strength, swim, yoga, walk)	Race Day!

