



INTERMEDIATE TRAINING PLAN

8 WEEKS



asics | Runkeeper™

Meet Coach Jess

A dedicated runner for more than 20 years and a certified running coach and Pilates instructor for over a decade, Hofheimer believes in the magic of the process and is passionate about helping runners of all abilities achieve their goals. Living in the Raleigh area of North Carolina, Jess works with runners across the country through her coaching business, Pace of Me. She has also served as the coach for a variety of local and national programs. Coach Jess is so excited to motivate, empower and guide you to your next running goal while she pursues her own.



Coach Jess Hofheimer

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.

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.



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TRAINING PLAN

Weekly mileage is around 10 to 14 miles. This runner is getting connected with consistent training and runs up to 3 times per week. This person is capable of run/walking 5 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).

Terminology

Rest

True day off from exercise/training

Active Recovery

Types of active recovery:

restorative yoga, walk, easy hike, Pilates, rehab/prehab physical therapy, core routine, low resistance cycle, easy effort swim

Easy Effort

Conversational pace, RPE 6

Hill Strides

20-30 seconds up a hill of 4-6% incline at a RPE of 8-9, walk or jog back down recovery (for roughly about a minute). Usually done at the end of a run.

Strides

20-30 seconds quick pick ups, done at the end of a run. Keep body relaxed, think quick cadence and fast not forced. Walk or jog recovery (roughly about a minute). Usually done at the end of a run or after warming up!

Cross Train

Strength training, cycling, vinyasa yoga flow, swimming

RPE Chart

5 RPE

Warm Up (WU), Cool Down (CD), Recovery (recovery can include walking or be all walking)

6 RPE

Easy Effort (EZ)

7 RPE

Marathon Effort (MODERATE EFFORT)

8 RPE

Tempo Effort (MODERATE-TO-HARD)

9 RPE

Interval Effort (HARD)

Pre Run Warm Up

EXERCISE NAME	QUANTITY
Dynamic Leg Swings	8 each, per leg
Walking Lunges	12
Lateral Hops Watch on Youtube	12 each direction
Bodyweight Squats	12

Fuel + Recovery Tips!

Pre Run

Warm up routine, eat a snack or small meal about an hour before you run - something like toast or oatmeal with nutbutter + banana would be great! carbs with some fat + protein, low fiber

On The Run

When running more than an hour, eat a gel or chews - about 200 cal per hour and hydrate with 16-20oz fluids (training in summer it may be extra helpful to have an electrolyte in your bottle!)

Post Run

Eat or drink protein as soon as you can (ideally within a half hour) after your run, especially for workouts and long runs. aim for about 20g right away in that window. This will help with muscle recovery!

Daily

Foam roll and do your physical therapy or prehab routine if you have one otherwise a quick core routine is really helpful. only thing more annoying that prehab is having to rehab an injury!



TRAINING PLAN

WEEK

1

MON	TUES	WED	THUR	FRI	SAT	SUN	WEEKLY MILEAGE
3 Miles Easy Effort RPE 6	Rest or Active Recovery	2 Miles Warm Up 4 x 30 sec RPE 9 / 2:00 RPE 5, 2 Miles Cold Down	2 Miles Warm Up 8 x 1:00 RPE 9 / 2:00 RPE 5, 2 Miles Cold Down	3 Miles Easy Effort RPE 6	Rest	4 Miles Easy Effort RPE 6	21-22

WEEK

2

MON	TUES	WED	THUR	FRI	SAT	SUN	WEEKLY MILEAGE
3 Miles Easy Effort Plus 4 x 20 sec Hill Strides	Rest or Active Recovery	4 Miles Easy Effort Plus 6 x 20 sec Strides	2 Miles Warm Up 6 x 2:00 RPE 8 / 2:00 RPE 5, 4 x 30 sec RPE 9 / 1:00 RPE 5, 2 Miles Cold Down	3 Miles Easy Effort RPE 6	Rest	5 Miles RPE 6 Last 10 min MODERATE/ HARDER EFFORT (RPE 7-8)	23-24

WEEK

3

MON	TUES	WED	THUR	FRI	SAT	SUN	WEEKLY MILEAGE
3 Miles Easy Effort Plus 5 x 20 sec Hill Strides	Rest or Active Recovery	4 Miles Easy Effort Plus 4 x 30 sec Strides	2 Miles Warm Up 4 x 3:00 RPE 8 / 2:00 RPE 5, 4 x 30 sec RPE 9 / 1:00 RPE 5, 2 Miles Cold Down	4 Miles Easy Effort RPE 6	Rest	6 Miles Easy Effort RPE 6	25-26

WEEK

4

MON	TUES	WED	THUR	FRI	SAT	SUN	WEEKLY MILEAGE
3 Miles Easy Effort Plus 4 x 20 sec Hill Strides	Rest or Active Recovery	4 Miles Easy Effort Plus 6 x 20 sec Strides	2 Miles Warm Up 4-3-2-1 min RPE 8 / 2:00 RPE 5, 2 Miles Cold Down	4 Miles Easy Effort RPE 6	Rest	6 Miles Easy Effort (RPE 6) Last 15 min MODERATE/ HARDER EFFORT (RPE 7-8)	26-27

TRAINING PLAN

WEEK 5

MON	TUES	WED	THUR	FRI	SAT	SUN	WEEKLY MILEAGE
<p>4 Miles Easy Effort</p> <p>6 x 20 sec Hill Strides</p>	<p>Rest or Active Recovery</p>	<p>4 Miles Easy Effort</p> <p>Plus 4 x 20 sec Strides</p>	<p>2 Miles Warm Up</p> <p>12 x 1:00 RPE 8 / 1:00 RPE 5,</p> <p>2 Miles Cold Down</p>	<p>4 Miles Easy Effort</p> <p>RPE 6</p>	Rest	<p>8 Miles Easy Effort</p> <p>RPE 6</p>	28-29


WEEK 6

MON	TUES	WED	THUR	FRI	SAT	SUN	WEEKLY MILEAGE
<p>4 Miles Easy Effort</p> <p>4 x 30 sec Hill Strides</p>	<p>Rest or Active Recovery</p>	<p>4 Miles Easy Effort</p> <p>Plus 6 x 20 sec Strides</p>	<p>2 Miles Warm Up</p> <p>1 x 10:00 RPE 7-8 / 3 min RPE 5, 4 x 30 sec Hill Strides / 1:00 RPE 5</p> <p>1 Mile Cold Down</p>	<p>4 Miles Easy Effort</p> <p>RPE 6</p>	Rest	<p>8 Miles Easy Effort (RPE 6)</p> <p>Last 15 min MODERATE/HARDER EFFORT (RPE 7-8)</p>	23-24

WEEK 7

MON	TUES	WED	THUR	FRI	SAT	SUN	WEEKLY MILEAGE
<p>3 Miles Easy Effort</p> <p>6 x 20 sec Hill Strides</p>	<p>Rest or Active Recovery</p>	<p>3 Miles Easy Effort</p> <p>Plus 5 x 20 sec Strides</p>	<p>2 Miles Warm Up</p> <p>3 x 5:00 RPE 8 / 3:00 RPE 5,</p> <p>2 Miles Cold Down</p>	<p>3 Miles Easy Effort</p> <p>RPE 6</p>	Rest	<p>4 Miles Easy Effort (RPE 6)</p> <p>Last 10 min MODERATE/HARDER EFFORT (RPE 7-8)</p>	18-19

WEEK 8

MON	TUES	WED	THUR	FRI	SAT	SUN	WEEKLY MILEAGE
<p>3 Miles Easy Effort</p>	<p>Rest or Active Recovery</p>	<p>3 Miles Easy Effort</p>	<p>2 Miles Warm Up</p> <p>1 x 12:00 RPE 7-8, 3 min RPE 5,</p> <p>1 Mile Cold Down</p>	Rest	<p>3 Miles Easy Effort</p> <p>4 x 30 sec Strides</p>	<p>7 Miles</p> 	21-22