






























13.1M RUNNING REVOLUTION TRAINING PROGRAM

runrev.org

INTERMEDIATE	MON	TUES	WED	THURS	FRI	SAT	SUN
Week 1		10 min dynamic/warm 5 miles easy  10 min static stretch	15 min core/back 10 min static stretch	10 min dynamic/warm 3 miles fartlek  10 min static stretch	Rest or easy walk	10 min dynamic/warm 3 miles fartlek  10 min static stretch	Rest or easy walk
Week 2	Rest or easy walk	10 min dynamic/warm 6 miles easy  10 min static stretch	15 min core/back 10 min static stretch	10 min dynamic/warm 3 miles easy  10 min static stretch	Rest or easy walk	10 min dynamic/warm 3 miles easy  10 min static stretch	Rest or easy walk
Week 3	Rest or easy walk	10 min dynamic/warm 50-60 min tempo run  10 min static stretch	30 min strength* 10 min static stretch *See strength training options worksheet	10 min dynamic/warm 3 miles easy  10 min static stretch	Rest or easy walk	10 min dynamic/warm 5 miles medium  10 min static stretch	30-60 min yoga, swimming, pilates or static stretch
Week 4	Rest or easy walk	10 min dynamic/warm 5 miles with hills  10 min static stretch	30 min strength* 10 min static stretch *See strength training options worksheet	10 min dynamic/warm 3 miles easy  10 min static stretch	Rest or easy walk	10 min dynamic/warm 5K race or 3.1 race pace  10 min static stretch	30-60 min yoga, swimming, pilates or static stretch
Week 5	30 min core/back/train 10 min static stretch	10 min dynamic/warm 60 min tempo run  10 min static stretch	30 min cross training* 10 min static stretch *See cross training options worksheet	10 min dynamic/warm 3 miles race pace  10 min static stretch	Rest or easy walk	10 min dynamic/warm 7 miles easy  10 min static stretch	30-60 min yoga, swimming, pilates or static stretch
Week 6	30 min core/back/train 10 min static stretch	10 min dynamic/warm 800 m pace - 1 min then  x 8 3 min cool down jog 10 min static stretch	30 min cross training* 10 min static stretch *See cross training options worksheet	10 min dynamic/warm 3 miles easy  10 min static stretch	Rest or easy walk	10 min dynamic/warm 8 miles easy  10 min static stretch	30-60 min yoga, swimming, pilates or static stretch
Week 7	30-60 min core/back 10 min static stretch	10 min dynamic/warm 5-6 miles with hills  10 min static stretch	30 min cross training* 10 min static stretch *See cross training options worksheet	10 min dynamic/warm 3 miles tempo  10 min static stretch	Rest or easy walk	10 min dynamic/warm 15K race or 9.3 miles race pace  10 min static stretch	30-60 min yoga, swimming, pilates or static stretch
Week 8	30-60 min core/back 10 min static stretch	10 min dynamic/warm 1600 m cadence - 1 min then  x 5 3 min cool down jog 10 min static stretch	30 min cross training* 10 min static stretch *See cross training options worksheet	10 min dynamic/warm 3 miles medium  10 min static stretch	Rest or easy walk		30-60 min yoga, swimming, pilates or static stretch
Week 9	30 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic/warm run course or 13.1 mile race pace  10 min static stretch	30 min cross training* 10 min static stretch *See cross training options worksheet	10 min dynamic/warm 3 miles easy  10 min static stretch	Rest or easy walk	10 min dynamic/warm 5 miles easy  10 min static stretch	30-60 min yoga, swimming, pilates or static stretch
Week 10	30 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic/warm 5-6 mile tempo run  10 min static stretch	30 min cross training* 10 min static stretch *See cross training options worksheet	10 min dynamic/warm 3 miles easy  10 min static stretch	Rest or easy walk	Rock the Cinco Race See you at the finish line!	Pick your next goal and start working toward it! Great Job!

This run plan has been created with input from the work of Hal Higdon, Jeff Galloway, Runner's World and Dr. Jim Roberts. It is a guideline not a set of rules. If this regimen isn't challenging enough, ramp it up or move up to the next plan. If it is too challenging, dial it down or move down to the next plan. Tuesday runs are suggestions, your coaches may choose to switch it up a bit. If you aren't familiar with any terms used, please consult "Training Terms" pdf. If you need some direction for cardio or strength training, please see "Cardio Training" and "Strength Training" pdfs.