

Base Training Plan:

Intermediate

Want to excel at your goal race? You need a solid base training phase. Before you embark on an intense training plan geared towards your next race, build a rock solid base first. Not only will a proper base training phase get you ready for more intense training, but it also builds your fitness brick by brick. Performance is all about consistency, and building a proper base is the first step.

Who is this plan for? This base training plan is for the runner who is consistently running 40-45 miles a week, with a long run at least 10 miles. This plan will build your base up from 40 miles to 60 miles, a great preparation before starting a focused training cycle.

Base Training is also the perfect time to build up your capacity for more mileage and intensity. By slowly increasing the amount of time you spend running, you strengthen the body for more miles to come. Plus, touching on speed within the base training preps you for faster workouts later on.

Build Your



Fitness

The key to building your fitness is consistency. This base training phase will do exactly that. Over 10 weeks, you will increase your mileage, ranging from 40-60 miles per week. These miles will set you up for success on your next focused training cycle.

How To Pace Your Runs

Runs on your base training plan are easy, threshold pace, 10K race pace, interval pace, and repetition. Use a recent race time to calculate your paces at the VDOT Running Calculator at vdoto2.com/calculator

Strides are added after many easy runs. What are strides? They are gradual accelerations in speed over 100 meters. They are NOT an all out sprint, but a fast turn over while keeping the body relaxed. Focus on smooth speed, and increase gradually over the 100 meters. Rest 45-60 seconds in between each one.

Not sure of your recent race times? You can run these by feel. Threshold is a comfortably hard effort you could sustain about an hour (1/2 marathon - 10K race pace), interval pace is HARD running and should feel like effort (5K race pace), repetition pace is fast running while still staying relaxed (Mile race pace). Easy pace is anything that feels very comfortable.

Make sure you stay within the right intensity for each run. If it's an easy day, KEEP IT EASY! On the harder days, never feel like you've drained the tank. Run each rep so that you end up feeling like you could have done one more. By staying within your limits, you will progress without burning out.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	6 Miles Easy	6 Miles Easy	8 Miles Easy	6 Miles Easy	4 Miles Easy	10 Miles Easy	REST	40
2	7 Miles Easy	6 Miles Easy	8 Miles Easy	7 Miles Easy	4 Miles Easy	11 Miles Easy	REST	43
3	8 Miles Easy	7 Miles Easy 6x100m strides	10 Miles Easy	8 Miles Easy	5 Miles Easy 6x100m strides	LONG 12 Miles Easy	REST	50
4	8 Miles Easy	8 Miles Easy 6x100m strides	10 Miles Easy	8 Miles Easy	6 Miles Easy 6x100m strides	LONG 13 Miles Easy	REST	53
5	SPEED 2-Mile Warmup 2 sets of: (6 x 200m @ Repetition with 200m jog recovery) 400m jog between sets. Cooldown to 8 Miles	7 Miles Easy 6x100m strides	8 Miles Easy	TEMPO INTERVALS 2-Mile Warmup 8 x 1000m @ Threshold with 1:00 jog recovery Cooldown to 10 Miles	6 Miles Easy 6x100m strides	LONG 12 Miles Easy	REST	52
6	SPEED 2-Mile Warmup 3 sets of: (2 x 200m @ Repetition with 200m jog recovery, 1 x 400m @ Repetition with 400m jog recovery) Cooldown to 8 Miles	8 Miles Easy 6x100m strides	8 Miles Easy	UPTEMPO 2-Mile Warmup 4 Miles @ MP 3:00 jog recovery 2 Miles @ Threshold Cooldown to 10 Miles	6 Miles Easy 6x100m strides	LONG 13 Miles Easy	REST	53

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total	
7	SPEED 2-Mile Warmup 4 sets of: (600m @ 5K 2:00 jog recovery, 400m @ 3K 1:30 jog recovery, 200m @ Mile) 200m jog between sets Cooldown to 9 Miles		8 Miles Easy 6x100m strides		9 Miles Easy		TEMPO INTERVALS 2-Mile Warmup 5 x 1 Mile @ Threshold with 1:00 jog recovery Cooldown to 10 Miles		
8	Speed 2-Mile Warmup 2 sets of: (4 x 400m @ Repetition with 400m jog recovery, 4 x 200m @ Repetition with 200m jog recovery) Cooldown to 10 Miles		8 Miles Easy 6x100m strides		10 Miles Easy		UPTEMPO 2-Mile Warmup 6 Miles @ HMP-MP 2-Mile Cooldown		

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
9	THRESHOLD/SPEED 2-Mile Warmup 5 x 1000m @ 10K with 1:30 jog recovery, 5 x 200m @ Repetition with 200m jog recovery Cooldown to 10 Miles	9 Miles Easy 6x100m strides	10 Miles Easy	TEMPO INTERVALS 2-Mile Warmup 3 Miles @ Threshold 3:00 jog recovery, 3 x 1 Mile @ Threshold with 1:00 jog recovery Cooldown to 11 Miles	6 Miles Easy 6x100m strides	LONG 15 Miles Easy	REST	61
10	SPEED 2-Mile Warmup 4 x 200m @ Repetition with 200m jog recovery, 2 x 400m @ Repetition with 400m jog recovery, 1 x 800m @ Interval with 2:00 jog recovery, 2 x 400m @ Repetition with 400m jog recovery, 4 x 200m @ Repetition with 200m jog recovery. Cooldown to 10 Miles	9 Miles Easy 6x100m strides	10 Miles Easy	UPTEMPO 2-Mile Warmup 5 Miles @ MP 3:00 jog recovery 2 Miles @ Threshold Cooldown to 11 Miles	6 Miles Easy 6x100m strides	LONG 14 Miles Easy	REST	60