



## INTERMEDIATE RUNNING PROGRAM

### PERCEIVED EXERTION SCALE (RPE)

2 - 4	<b>VERY EASY</b> (easy to hold a conversation)
5	<b>EASY</b> (comfortable to talk while running)
6 - 7	<b>MODERATELY DIFFICULT</b>
8	<b>DIFFICULT</b> (heavy breathing; hard to talk)
9	<b>VERY DIFFICULT</b> (barely breathing)
10	<b>EXHAUSTING</b> (working to your limit)

**DURING A WORKOUT, YOU NEED TO CONSTANTLY ADJUST YOUR EFFORT SO THAT THE OVERALL PERCEIVED LEVEL OF DIFFICULTY MATCHES THE DIFFICULTY LEVEL INDICATED IN YOUR TRAINING PLAN.**

### FRIENDLY TIPS

- To warm up and cool down, start and end each workout with 5 minutes of jogging or walking at a moderate pace.
- Try not to lengthen your stride unnecessarily (big steps). Aim for a pace of 3 steps per second.
- If you suffer from an injury, replace your runs with cross-training workouts, which can include cycling, swimming or walking. If the pain persists for more than 3 days, consult a doctor.
- If you lack time or motivation, try to run anyway 5 or 10 minutes at a slow pace. A short workout is better than none at all!
- During interval training workouts, feel free to skip some intervals to make sure that you will be able to complete your workout.
- If you find it hard to recover from strenuous workouts, try reducing the level of difficulty and giving yourself more time to recover, even if it means decreasing the number of runs per week.
- Feel free to engage in physical activities other than those indicated in the training plan!
- If you feel exhausted, take a few days to recover (e.g., 2 rest days and 2 days with very short workouts).
- If needed, you may replace 1 or 2 continuous runs with cycling.

# INTERMEDIATE RUNNING PROGRAM



# FITSPIRIT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	REST	<b>STRENGTH TRAINING</b> See the <b>STRENGTH</b> page. and/or <b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>TOTAL: 20 min</b> <b>5 min:</b> warm-up <b>10 min:</b> 5 x (1 min run/ 1 min walk) <b>5 min:</b> cool down <b>RPE: 2 - 4</b>	<b>TOTAL: 22 min</b> <b>5 min:</b> warm-up <b>12 min:</b> 6 x (1 min run/ 1 min walk) <b>5 min:</b> cool down <b>RPE: 2 - 4</b>	REST	<b>TOTAL: 24 min</b> <b>5 min:</b> warm-up <b>14 min:</b> 7 x (1 min run/ 1 min walk) <b>5 min:</b> cool down <b>RPE: 2</b>	<b>TOTAL: 25 min</b> <b>5 min:</b> warm-up <b>15 min:</b> continuous run <b>5 min:</b> cool down <b>RPE: 4</b>
<b>WEEK 2</b>	REST	<b>STRENGTH TRAINING</b> See the <b>STRENGTH</b> page. and/or <b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>TOTAL: 28 min</b> <b>5 min:</b> warm-up <b>18 min:</b> 6 x (2 min run/ 1 min walk) <b>5 min:</b> cool down <b>RPE: 2 - 4</b>	<b>TOTAL: 31 min</b> <b>5 min:</b> warm-up <b>21 min:</b> 7 x (2 min run/ 1 min walk) <b>5 min:</b> cool down <b>RPE: 2 - 4</b>	REST	<b>TOTAL: 31 min</b> <b>5 min:</b> warm-up <b>21 min:</b> 7 x (2 min run/ 1 min walk) <b>5 min:</b> cool down <b>RPE: 2</b>	<b>TOTAL: 30 min</b> <b>5 min:</b> warm-up <b>20 min:</b> continuous run <b>5 min:</b> cool down <b>RPE: 5</b>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 3</b>	REST	<b>STRENGTH TRAINING</b> See the <b>STRENGTH</b> page. and/or <b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>TOTAL: 20 min</b> 5 min: warm-up 10 min: 20 x (15 s run/ 15 s walk) 5 min: cool down RPE: 6	<b>TOTAL: 25 min</b> 5 min: warm-up 15 min: continuous run 5 min: cool down RPE: 2 - 4	REST	<b>TOTAL: 25 min</b> 5 min: warm-up 15 min: continuous run 5 min: cool down RPE: 3	<b>TOTAL: 30 min</b> 5 min: warm-up 20 min: continuous run 5 min: cool down RPE: 6 - 7
<b>WEEK 4</b>	REST	<b>STRENGTH TRAINING</b> See the <b>STRENGTH</b> page. and/or <b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>TOTAL: 20 min</b> 5 min: warm-up 10 min: 20 x (15 s run/ 15 s walk) 5 min: cool down RPE: 6	<b>TOTAL: 25 min</b> 5 min: warm-up 15 min: continuous run 5 min: cool down RPE: 2 - 4	<b>TOTAL: 25 min</b> 5 min: warm-up 15 min: continuous run 5 min: cool down RPE: 2 - 4	<b>TOTAL: 25 min</b> 5 min: warm-up 15 min: continuous run 5 min: cool down RPE: 3	<b>TOTAL: 35 min</b> 5 min: warm-up 25 min: continuous run 5 min: cool down RPE: 6 - 7
<b>WEEK 5</b>	REST	<b>STRENGTH TRAINING</b> See the <b>STRENGTH</b> page. and/or <b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>TOTAL: 30 min</b> 5 min: warm-up 20 min: 40 x (15 s run/ 15 s walk) 5 min: cool down RPE: 6	<b>TOTAL: 30 min</b> 5 min: warm-up 20 min: continuous run 5 min: cool down RPE: 2 - 4	<b>TOTAL: 25 min</b> 5 min: warm-up 15 min: continuous run 5 min: cool down RPE: 2 - 4	<b>TOTAL: 30 min</b> 5 min: warm-up 20 min: continuous run 5 min: cool down RPE: 3	<b>TOTAL: 40 min</b> 5 min: warm-up 30 min: continuous run 5 min: cool down RPE: 6 - 7

**WEEK  
6**

**REST**

**STRENGTH TRAINING**

See the **STRENGTH** page. and/or

**STRETCHING**

See the **STRETCHING** page.

**TOTAL: 35 min**

**5 min:** warm-up

**25 min:** 50 x (15 s run/ 15 s walk)

**5 min:** cool down

**RPE: 6**

**TOTAL: 30 min**

**5 min:** warm-up

**20 min:** continuous run

**5 min:** cool down

**RPE: 2 - 4**

**TOTAL: 30 min**

**5 min:** warm-up

**20 min:** continuous run

**5 min:** cool down

**RPE: 2 - 4**

**TOTAL: 35 min**

**5 min:** warm-up

**25 min:** continuous run

**5 min:** cool down

**RPE: 4**

**TOTAL: 40 min**

**5 min:** warm-up

**30 min:** continuous run

**5 min:** cool down

**RPE: 7**

**WEEK  
7**

**REST**

**STRENGTH TRAINING**

See the **STRENGTH** page. and/or

**STRETCHING**

See the **STRETCHING** page.

**TOTAL: 22 min**

**5 min:** warm-up

**12 min:** 3 x (3 min run/ 1 min walk)

**5 min:** cool down

**RPE: 8**

**TOTAL: 35 min**

**5 min:** warm-up

**25 min:** continuous run

**5 min:** cool down

**RPE: 2 - 4**

**TOTAL: 25 min**

**5 min:** warm-up

**15 min:** continuous run

**5 min:** cool down

**RPE: 3**

**TOTAL: 30 min**

**5 min:** warm-up

**20 min:** continuous run

**5 min:** cool down

**RPE: 3**

**TOTAL: 50 min**

**5 min:** warm-up

**40 min:** continuous run

**5 min:** cool down

**RPE: 7**

**WEEK  
8**

**REST**

**TOTAL: 25 min**

**5 min:** warm-up

**15 min:** continuous run

**5 min:** cool down

**RPE: 2 - 4**

**REST**

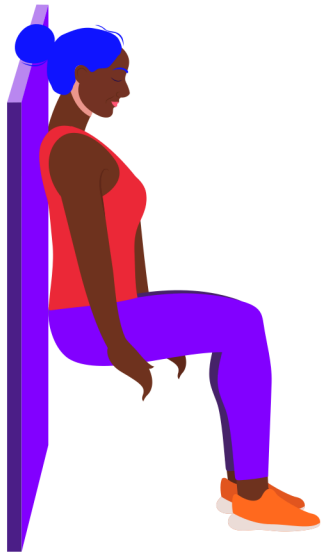


**IF YOU FEEL LIKE TRYING TO RUN 5 TO 10K, YOU'RE READY TO GO!**

# STRENGTH TRAINING

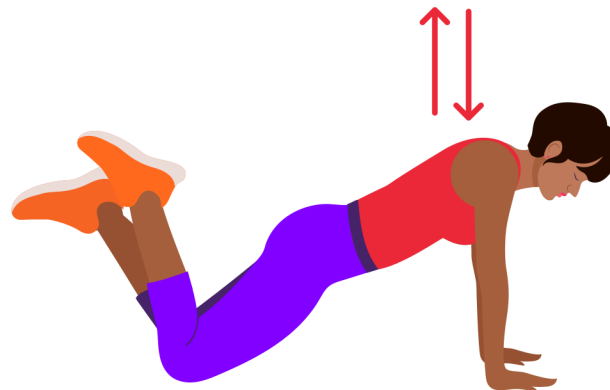
Do the three exercises below one after the other. Pause for a minute, then, repeat them a second time.

WEEKS 1 TO 4



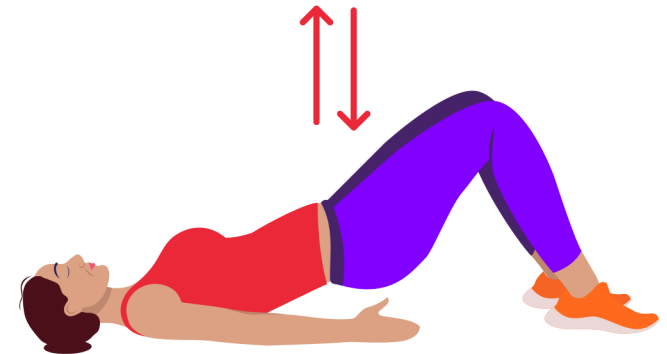
**CHAIR POSITION  
AGAINST THE WALL**

30 SECONDS



**PUSH-UP ON KNEES  
OR TOES**

15 REPETITIONS



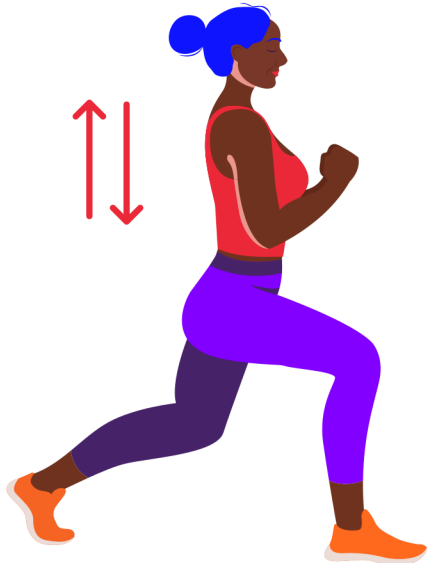
**BRIDGE, FEET ON THE  
FLOOR**

15 REPETITIONS

# STRENGTH TRAINING

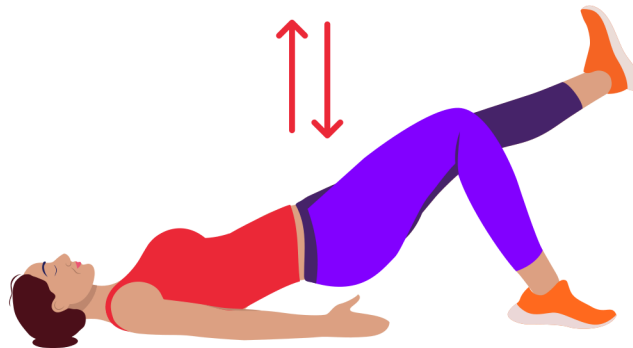
Do the three exercises below one after the other. Pause for a minute, then do them a second time.

WEEKS 5 TO 8



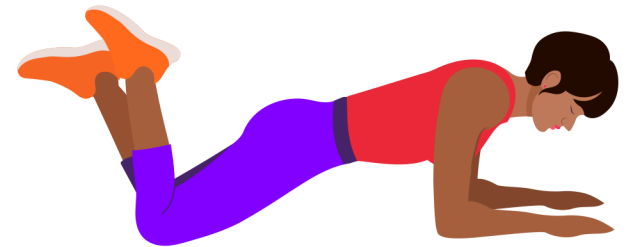
**STATIONARY LUNGE**

12 REPETITIONS  
ON EACH SIDE



**LIFT, ONE FOOT ON  
THE FLOOR**

12 REPETITIONS  
ON EACH SIDE



**PLANK, ON THE  
KNEES OR THE TOES**

30 SECONDS

# STRETCHING

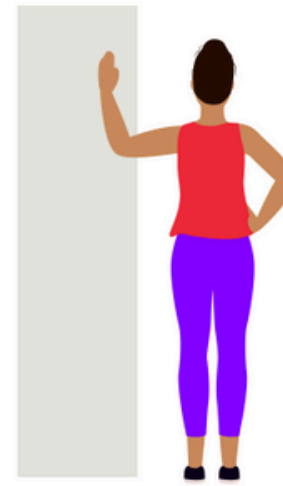
Hold each posture for 30 seconds to 1 minute on each side.



**QUADRICEPS**  
(FRONT OF THE THIGH)



**HAMSTRINGS**  
(BACK OF THE THIGH)



**CHEST AND  
SHOULDERS**



**CALVES**  
(BACK OF THE LEG)