

Pat's Run Intermediate Training Program

	MON	TUES	WED	THURS	FRI	SAT	SUN
02/16 – 02/22	2 miles	rest	2 mile	rest	2 miles	2 miles	rest
02/23 – 02/29	1.5 mile	2.5 mile	rest	2 miles	rest	3 miles	rest
03/01 - 03/07	2 miles	2 miles	rest	2.5 miles	rest	3 miles	rest
03/08 - 03/14	2 miles	2 miles	rest	3 miles	rest	2.5 miles	rest
03/14 - 03/21	3 mile	2.5 miles	rest	2 miles	rest	3 miles	rest
03/22 – 03/28	3 miles	3 miles	rest	3.5 miles	rest	2 miles	rest
03/29 - 04/04	4 miles	2 miles	rest	3 miles	rest	3 miles	rest
04/05 - 04/11	3.5 miles	2 miles	rest	4 miles	rest	3 miles	rest
04/12 - 04/18	2 miles	2 miles	3 miles	Get your race bib!	Get sleep!	Honor Pat!	

Questions about the training program or injury/prevention care?

Please contact Perry Edinger (perry.edinger@gmail.com) on the Pat's Run Race Committee.