

Pat's Run Intermediate Training Program (2019)

	MON	TUES	WED	THURS	FRI	SAT	SUN
02/24 - 03/02	2 miles	rest	1 mile	rest	2 miles	2 miles	rest
03/03 - 03/09	1.5 mile	2.5 mile	rest	2 miles	rest	2 miles	rest
03/10 - 03/16	2 miles	2 miles	rest	2.5 miles	rest	2 miles	rest
03/17 - 03/23	3 miles	2 miles	rest	2 miles	rest	2.5 miles	rest
03/24 - 03/30	3 mile	2.5 miles	rest	2.5 miles	rest	2 miles	rest
03/31 - 04/06	3 miles	3 miles	rest	3.5 miles	rest	2 miles	rest
04/07 - 04/13	4 miles	2 miles	rest	3 miles	rest	3 miles	rest
04/14 - 04/20	3.5 miles	2 miles	rest	4 miles	rest	3 miles	rest
04/21 - 04/27	2 miles	2 miles	3 miles	Get your 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.