

**"WOMEN CAN RUN"
10 WEEK INTERMEDIATE TRAINING PROGRAM**

WEEK 1	Light Stretching Warm-up: Walk/Jog slowly 5 minutes Alternate: Run 4 minutes / Walk 2 for 30 minutes Be comfortable / Check breathing Stretching 3 days per week
WEEK 2	Light Stretching Warm-up: Walk/Jog slowly 5 minutes Alternate: Run 6 minutes / Walk 2 for 30 minutes Be comfortable / Check breathing Stretching 3 days per week
WEEK 3	Light Stretching Warm-up: Walk/Jog slowly 5 minutes Alternate: Run 6 minutes / Walk 2 for 30 minutes Be comfortable / Check breathing Stretching 3 days per week
WEEK 4	Light Stretching Warm-up: Walk/Jog slowly 5 minutes Alternate: Run 8 minutes / Walk 2 for 30 minutes Be comfortable / Check breathing Stretching 3 days per week
WEEK 5	Light Stretching Warm-up: Walk/Jog slowly 5 minutes Alternate: Run 8 minutes / Walk 2 for 30 minutes Be comfortable / Check breathing Stretching 3 days per week
WEEK 6	Light Stretching Warm-up: Walk/Jog slowly 5 minutes Alternate: Run 9 minutes / Walk 1 for 30 minutes Be comfortable / Check breathing Stretching 4 days per week

WEEK 7

Light Stretching
Warm-up: Walk/Jog slowly 5 minutes
Alternate: Run 9 minutes / Walk 1 for 30 minutes
Be comfortable / Check breathing
Stretching
4 days per week

WEEK 8

Light Stretching
Warm-up: Walk/Jog slowly 5 minutes
Alternate: Run 10 minutes / Walk 1 for 33 minutes
Be comfortable / Check breathing
Stretching
4 days per week

WEEK 9

Light Stretching
Warm-up: Walk/Jog slowly 5 minutes
Run 30 minutes
Be comfortable / Check breathing
Stretching
4 days per week

WEEK 10

Light Stretching
Warm-up: Walk/Jog slowly 5 minutes
Run 33 minutes
Be comfortable / Check breathing
Stretching
4 days per week

Starting with the 6th week, you may want to start some speedwork or tempo runs on one of your training days to help you gain some speed. Information on how to do this can be obtained from your leader or the leader of the Advanced Running Group.

At the end of the 10 weeks you may want to add speed work, hill repeats, cross training and/or some strengthening work for the upper/lower body in your weekly workout routine.