



SEA HEALTH & WELFARE

RUNNING PROGRAM

LEVEL: Intermediate

This program is for the intermediate runner, who has been running 2 - 3 per week, for at least 3-6 months. Following this program will make you run approximately 30 km per week. To choose this program, you must have a good running form and master running with a high cadence at 180 steps per minute.

Speed training:

Exercises for ankles/calves and shins to help you develop strength and ability to send signals down to your feet so that you will become stronger and more enduring. The speed training is a short workout that can easily be squeezed into the program 2 - 3 times per week, where it suits you, but never before a run. With this type of training, the heart rate is not meant to increase. Focus is on performing the exercises with good quality. See the exercises below.

Speed training: (watch videos on the website for details)

Repeat 4 times, 2-3 times a week

1. 30 x running man
2. 30 x butt kicks
3. 30 x toe raises

The warm-up should always be in zone 2, which is very light on the RPE- scale:

RPE SCALE	RATE OF PERCEIVED EXERTION
10	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain or more than a very short time.
9	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.
7-8	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	MODERATE ACTIVITY Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeable more challenging.
2-3	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation.
1	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, watching TV, etc.

WEEK	DISTANCE	KM
Week 1	Distance 16 km	Km
Monday	1 km warm-up, 4 km Zone 4	5
Tuesday		
Wednesday	1 km warm-up, 4 km Zone 4	5
Thursday		
Friday		
Saturday	1 km warm-up, 4 km zone 4, 1 km zone 8	6
Sunday		

Week 2	Distance 17,5 km	Km
Monday	1 km warm-up, 4 km zone 4, 2 km zone 8	7
Tuesday		
Wednesday	2,5 km warm-up, 200 m. x 5 zone 9 (rest as needed)	3,5
Thursday		
Friday		
Saturday	1 km warm-up, 4 km zone 4, 2 km zone 8	7
Sunday		

Week 3	Distance 19 km	Km
Monday	1 km warm-up, 3 km zone 4, 3 km zone 8	7
Tuesday		
Wednesday	3 km warm-up, 200 m. x 5 zone 9 (rest as needed)	4
Thursday		
Friday		
Saturday	1 km warm-up, 5 km zone 4, 2 km zone 8	8
Sunday		

Week 4	Distance 21 km	Km
Monday	1 km warm-up, 7 km zone 6	8
Tuesday		
Wednesday	5 km warm-up (last 2 km of the warm-up in zone 6) 200 m. x 10 zone 9 (rest as needed)	6
Thursday		
Friday		
Saturday	1 km warm-up, 4 km zone 4, 2 km zone 8	7
Sunday		

Week 5	Distance 23 km	Km
Monday	1 km warm-up, 7 km zone 6	8
Tuesday		
Wednesday	5 km warm-up (last 2 km of the warm-up in zone 6) 100 m. x 10 zone 10 (rest as needed)	6
Thursday		
Friday		
Saturday	1 km warm-up, 8 km zone 6	9
Sunday		

Week 6	Distance 25,5 km	Km
Monday	1 km warm-up, 6,5 km zone 6, 1 km zone 8	8,5
Tuesday		
Wednesday	1 km warm-up, 6 km zone 6, 1 km zone 8	8
Thursday		
Friday		
Saturday	1 km warm-up, 7 km zone 6, 1 km zone 8	9
Sunday		

Week 7	Distance 28 km	Km
Monday	2 km warm-up, 8 km zone 6	10
Tuesday		
Wednesday	2 km warm-up, 7 km zone 6	9
Thursday		
Friday		
Saturday	2 km warm-up, 7 km zone 6	9
Sunday		

Week 8	Distance 31 km	Km
Monday	2 km warm-up, 8 km zone 7	10
Tuesday		
Wednesday	2 km warm-up, 9 km zone 7	11
Thursday		
Friday		
Saturday	2 km warm-up, 8 km zone 7	10
Sunday		