

# NEW YORK CITY

## 8 WEEK TRAINING PROGRAM

LEVEL 3  
INTERMEDIATE

|   | MONDAY                | TUESDAY | WEDNESDAY           | THURSDAY              | FRIDAY | SATURDAY       | SUNDAY |
|---|-----------------------|---------|---------------------|-----------------------|--------|----------------|--------|
| 1 | 3 MI RUN<br>+STRENGTH | 3.0MI   | 35 MIN<br>TEMPO RUN | 3 MI RUN<br>+STRENGTH | REST   | CROSS<br>TRAIN | 4.0MI  |
| 2 | 3 MI RUN<br>+STRENGTH | 3.0MI   | 35 MIN<br>TEMPO RUN | 4 MI RUN<br>+STRENGTH | REST   | CROSS<br>TRAIN | 5.0MI  |
| 3 | 3 MI RUN<br>+STRENGTH | 4.0MI   | 40 MIN<br>TEMPO RUN | 3 MI RUN<br>+STRENGTH | REST   | CROSS<br>TRAIN | 6.0MI  |
| 4 | 3 MI RUN<br>+STRENGTH | 4.0MI   | 40 MIN<br>TEMPO RUN | 4 MI RUN<br>+STRENGTH | 2.0MI  | REST           | 6.0MI  |
| 5 | 3 MI RUN<br>+STRENGTH | 5.0MI   | 50 MIN<br>TEMPO RUN | 3 MI RUN<br>+STRENGTH | REST   | CROSS<br>TRAIN | 6.0MI  |
| 6 | 3 MI RUN<br>+STRENGTH | 5.0MI   | 50 MIN<br>TEMPO RUN | 4 MI RUN<br>+STRENGTH | REST   | CROSS<br>TRAIN | 7.0MI  |
| 7 | 3 MI RUN<br>+STRENGTH | 6.0MI   | 50 MIN<br>TEMPO RUN | 4 MI RUN<br>+STRENGTH | REST   | CROSS<br>TRAIN | 8.0MI  |
| 8 | 3 MI RUN<br>+STRENGTH | 3.0MI   | 35 MIN<br>TEMPO RUN | 1-3MI                 | REST   | RACE           |        |