

ENDURANCE ENGINE

5K Base Plan - Intermediate

Week 1

Day	Focus	Workout
Monday	Cross Train	Pilates/Yoga/Walking
Tuesday	Easy - Endurance	5K at 70%
Wednesday	Easy - Endurance	8K at 70%
Thursday	Strength	Weights
Friday	Easy - Endurance	5K at 70%
Saturday	Rest	Yoga/Meditation
Sunday	Long - Endurance	10-12 K at 70%

Week 2

Day	Focus	Workout
Monday	Cross Train	Pilates/Yoga/Walking
Tuesday	Easy - Endurance	5K at 70%
Wednesday	Easy - Endurance	8K at 70%
Thursday	Strength	Weights
Friday	Easy - Endurance	5K at 70%
Saturday	Rest	Yoga/Meditation
Sunday	Long - Endurance	10-12 K at 70%

Week 3

Day	Focus	Workout
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Monday	Cross Train	Pilates/Yoga/Walking
Tuesday	Easy - Endurance	6K at 70%
Wednesday	Easy - Endurance	8K at 70% Finish Strong
Thursday	Strength	Weights
Friday	Easy - Endurance	5K at 70%
Saturday	Rest	Yoga/Meditation
Sunday	Long - Endurance	10-12 K at 70%

Week 4

Day	Focus	Workout
Monday	Cross Train	Pilates/Yoga/Walking
Tuesday	Easy - Endurance	5K at 70%
Wednesday	Easy - Endurance	8K at 70%
Thursday	Strength	Weights
Friday	Easy - Endurance	5K at 70%
Saturday	Rest	Yoga/Meditation
Sunday	Long - Endurance	12-15 K at 70%