

Grand Blue Mile

Intermediate Training Program



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	16 Minutes of Interval Training	15 minute Plyometric Workout	1.0 mile run (Outside Run or Incline 2 or higher on treadmill)	Rest Day	1 Mile Run	30 Minutes of Cross Training
2	Strength Training Workout	20 Minutes of Interval Training	15 minute Plyometric Workout	1.5 mile run (Outside Run or Incline 2 or higher on treadmill)	Rest Day	1.5 mile run	30 Minutes of Cross Training
3	Strength Training Workout	20 Minutes of Interval Training	20 minute Plyometric Workout	2 mile run (Outside Run or Incline 2 or higher on treadmill)	Rest Day	2 mile run	30 Minutes of Cross Training
4	Strength Training Workout	24 Minutes of Interval Training	25 minute Plyometric Workout	2.5 mile run (Outside Run or Incline 2 or higher on treadmill)	Rest Day	2.5 mile run	30 Minutes of Cross Training
5	Strength Training Workout	24 Minutes of Interval Training	30 minute Plyometric Workout	3 mile run (Outside Run or Incline 2 or higher on treadmill)	Rest Day	3 mile run	30 Minutes of Cross Training
6	Strength Training Workout	Grand Blue Mile!!	Rest Day				

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Strength Workout: 2 sets of 10 reps (heavy weights)

- Squats
- Push-ups
- Dips
- Bicep curls
- Shoulder press
- Lateral raises
- Chest press
- French press
- Lunges
- Push-ups w/ stability ball
- Tricep extension
- Hammer curls
- T-cross
- Frontal raise
- Plank
- Sit-ups

Interval Training: Running on the Treadmill

- 2 minutes at normal pace – Incline at 1
- 2 minutes - increase the incline (normal pace)
- 2 minutes at normal pace – Incline at 1
- 2 minutes – increase the speed – Incline at 1
- Repeat until time is finished

Plyometric Workout: 30 seconds each

- Mountain Climbers
- High knees
- Jumping Lunges
- Jumping Jacks
- Side to side lunges w/ weight
- Ski jumps
- Shuffle
- Grasshoppers
- Butt kicks
- Jumping squats
- Jump rope
- Quick taps
- Run-ups
- Karaoke
- Squat & hop over step - Repeat
- Treadmill: Sprint for 30 seconds – jog for 30 seconds (repeat 5 times)

Cross Training Options

- Cardio Machines – Elliptical, Bikes, etc.
- Swimming
- Spinning
- Group Exercise Classes