

OE ROOKIE RUNNER TRAINING SCHEDULE - Intermediate

WEEK #	TUESDAY	THURSDAY	SATURDAY	SUNDAY
1-Jun-15	1 mile	2 mile, walk 1 min., run 3 min.	1 mile	2 mile, walk 1 min, run 3 min
2-Jun-22	2 mile, walk 1 min, run 3 min	3 mile, walk 1 min, run 4 min	2 mile, walk 1 min, run 5 min	3 mile, walk 1 min, run 4 min.
3-Jun-29	2 mile, walk 30 sec., run 3 min.	3 mile, walk 30 sec., run 5 min.	1 mile run	2 mile run
4-Jul-06	3 mile, walk 30 sec., run 5 min	1 mile run	2 mile, walk 30 sec., run 6 min	1 mile run
5-Jul-13	3 mile, walk 30 sec., run 6 min	1 mile run	3 mile, walk 30 sec., run 7 min	2 mile run
6-Jul-20	2 mile run	4 miles, walk 30 sec., run 6 min	2 mile run	1 mile run
7-Jul-27	3 mile run	2 mile run	4 miles, walk 30 sec., run 7	2 mile run
8-Aug-03	2 mile run	5 miles, walk 30 sec, run 6 min	2 mile run	3 mile, walk 30 sec, run 7 min
9-Aug-10	2 mile run	5 miles, walk 30 sec, run 7 min	3 mile run	2 mile run
10-Aug-17	3 mile run	2 mile run	4 mile run	2 mile run
11-Aug-24	3 mile run	2 mile run	5 mile run	3 mile run
12-Aug-31	2 mile run	5 miles, Popcorn route, your pace	2 mile run	1 mile run
13-Sep-07	2 mile run	1 mile run	RACE DAY!! 9/11/04	