

Intermediate Training Plan – Pace Doctrine

Purpose: Build aerobic strength and structural resilience.

Day 1: Easy Run – 40 min

Comment: Stay controlled and efficient.

Day 2: Rest or Easy Run – 30 min

Comment: Keep intensity low.

Day 3: Steady Run – 45 min

Comment: Last 10 min slightly quicker.

Day 4: Rest or Cross-Training

Comment: Maintain balance.

Day 5: Progression Run – 35–40 min

Comment: Gradual increase in effort.

Day 6: Easy Run – 30 min

Comment: Aerobic maintenance.

Day 7: Long Run – 60–75 min

Comment: Aerobic endurance focus.