



INTERMEDIATE 12 WEEK TRAINING KIT

Our Intermediate Training Kit is designed for those who are looking to improve their past performance and are willing to train hard to get there. **You want to cross that finish line with a new PR and a great feeling too!**

WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
1	Feb. 4 - Feb. 10	Yoga or strength training	5 miles	6 miles	3 miles or x-training	Off	9 miles long run	3 miles + yoga	26 miles
2	Feb. 11 - Feb. 17	Yoga or strength training	5 miles	6 miles	3 miles or x-training	Off	9 miles long run	3 miles + yoga	26 miles
3	Feb. 18 - Feb. 24	Yoga or strength training	5 miles	6 miles	3 miles or cross training	Off	11 miles long run	3 miles + yoga	28 miles
4	Feb. 25 - March 3	Yoga or strength training	5 miles	6 miles with hill repeats	3 miles or cross training	Off	6 miles long run	3 miles + yoga	23 miles
5	March 4 - March 10	Yoga or strength training	6 miles	7 miles with tempo surges	3 miles or cross training	Off	12 miles long run	3 miles + yoga	31 miles
6	March 11 - March 17	Yoga or strength training	6 miles	6 miles with hill repeats	3 miles or cross training	Off	13 miles long run	3 miles + yoga	31 miles

TRAINING TIPS

- Allow 10-15 minutes for warming up and cooling down before and after each workout.
- Practice training with the foods and nutrition products you plan to use on race day.
- Be consistent with your training and keep a training log
- Find a training partner or training group to stay on track.
- Tell everyone you know that you are doing the Sioux Falls Skedaddle. This will keep you accountable for your training.

LEGEND WAIT FOR IT ARY. OK, IT'S JUST THE GLOSSARY.

Hill Repeats: Hill Repeats help build leg strength without unnecessary muscle strain. Run 4 to 6 on a long gradual incline for 90 seconds at 80 to 85% intensity. Do your Hill Repeats following an easy run.

Tempo Surges: Tempo Surges help you build the speed needed to run your goal race pace. Do 5 to 10 for 60 seconds at 80 to 90% intensity throughout your easy run. Be sure to leave enough time between Tempo Surges to fully recover.

Long Runs: Long runs should be done at a conversational pace, think 1-2 minutes slower than your goal race pace. Find some like-minded training partners to help keep each other motivated and on track. Goes well with post-run bagels and coffee. Yum!

Cross Training: Consider skipping the run and going for a swim or bike ride. Cross training can help balance muscle groups and prevent injuries while offering similar benefits of running, yet avoiding the "burnout" factor.

Yoga: Consider incorporating a yoga practice into your weekly routine. Yoga can be a great way to build length, strength, alignment and flexibility. It also can aid in injury prevention and recovery. Namaste!

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7	March 18 - March 24	Yoga or strength training	6 miles	7 miles with tempo surges	3 miles or cross training	Off	6 miles long run	3 miles + yoga	24 miles
8	March 25 - March 31	Yoga or strength training	7 miles	7 miles with hill repeats	4 miles or cross training	Off	10 miles long run	4 miles + yoga	36 miles
9	April 1 - April 7	Yoga or strength training	7 miles	7 miles with tempo surges	4 miles or cross training	Off	15 miles long run	4 miles + yoga	37 miles
10	April 8 - April 14	Yoga or strength training	5 miles	7 miles with hill repeats	3 miles or x-training	Off	6 miles long run	3 miles + yoga	24 miles
11	April 15 - April 21	Yoga or strength training	2 miles	3 miles	2 miles or cross training	Off	Off	2 miles + yoga	9 miles
12	April 22 - April 29	Yoga or strength training	3 miles	Off	Off	Off	1 mile	Skedaddle Race Day!	17.1 miles



MY GOALS

Write down your goals... and make them happen.

Training: *I will...*

Nutrition: *I will...*

Yoga: *I will...*

Race Day: *I will...*



TRAIN TOGETHER

Keep your eyes and ears open for all the other Skedaddle training options that will soon be available!

We'll have training classes you can join, a community to connect and share with others in the same spot in your running journey, and more!

Follow us on Facebook, Twitter, and Instagram to be the first to know.