

10K Training Programme – Intermediate

Week	Mon	Tues	Wed	Thu	Fri	Sat	Sun
1	Rest	Rest/Cross train	5 miles including 4 x 60 seconds fast and 60 seconds active recovery.	Rest	4 miles including last 2 miles tempo run.	Rest	2-3 miles easy
2	Rest	Rest/Cross train	5 miles including 4 x 2 minutes fast and 1 minute active recovery.	Rest	20 minutes tempo run.	Rest	3-4 miles easy
3	Rest	Rest/Cross train	6 miles including 4 x 3 minutes fast and 3 minutes active recovery.	Rest	30 – 40 minutes fartlek.	Rest	4-6 miles easy
4	Rest	Rest/Cross train	5 miles	Rest	5 miles tempo	Rest	5-7 miles easy

			including 8 x 90 seconds fast with 3-minute active recovery.				
5	Rest	Rest/Cross train	6 miles including 8 x 2 minutes fast with 3-minute active recovery.	Rest	Hill reps x 5	Rest	6-7 miles easy
6	Rest	Rest/Cross train	3 x 1 mile timed with 5-minute recovery.	Rest	30 minutes tempo.	Rest	7-8 miles easy
7	Rest	Rest/Cross train	6 miles including 10 x 60 seconds fast with 60 seconds active recovery.	Rest	35-45 minute fartlek.	Rest	7-9 miles easy
8	Rest	Rest/Cross train	6 miles including 6 x 60 seconds fast with 2 minutes	Rest	4-5 mile easy.	Rest	RACE DAY!!

			active recovery.				
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Please note that a warm up and cool down should be included in each session, particularly before any faster paced or interval session.