



Intermediate 10k Training Programme

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	20 - 25 mins easy	Alternate Exercise or Rest	7-8 mins easy 8 - 10 mins faster 7-8 mins easy	Alternate Exercise or Rest	7-8 mins easy 6x1 mins hard with 1 mins jog between	REST	8-9 mins easy 10-12 mins over hills 8-9 mins easy
2	20 - 25 mins easy	Alternate Exercise or Rest	8-10 mins easy 3x4 mins faster with 2 mins jog between 8-10 mins easy	Alternate Exercise or Rest	7 - 8 mins easy 8-10 mins easy 10-12 mins faster pace 8-10 mins easy	REST	8-10 mins easy 8x1 mins fast with 1 mins jog between each 8-10 mins easy
3	25 - 30 mins easy	Alternate Exercise or Rest	10 mins easy 5x3 mins faster pace with 90 secs jog between each 10 mins easy	Alternate Exercise or Rest	10 mins easy 10-15 mins over hills 10 mins easy	REST	10-12 mins easy then 10-12 mins faster
4	25 - 30 mins easy	Alternate Exercise or Rest	10 mins easy 2x9 mins faster with 3 mins jog between 10 mins easy	Alternate Exercise or Rest	20- 25 mins easy	REST	10 mins easy 10x1 min fast with 1 mins jog between 10 mins easy
5	30 - 35 mins easy	Alternate Exercise or Rest	10 mins easy 4x5 mins hard with 90 secs jog between	Alternate Exercise or Rest	10 mins easy 10 mins over hills 10 mins easy	REST	10 mins easy 8x90 secs fast with 1 min jog between 10 mins easy
6	35 - 40 mins easy	Alternate Exercise or Rest	10 mins easy 3x7 mins hard with 90 secs jog between each 10 mins easy	Alternate Exercise or Rest	10 mins easy 1 mile fast 10 mins easy	REST	10 mins easy 15 - 18 mins over hills 10 mins easy
7	40 - 45 mins easy	Alternate Exercise or Rest	10 mins easy 2x (4x3 mins) with 5 mins between sets and 1 min between intervals. These should be done at your proposed 10k race pace	Alternate Exercise or Rest	10 mins easy 15 mins fast 10 mins easy	REST	10 mins easy 10x90 secs with 60 secs jog between each 10 mins easy
8	30 mins easy	Alternate Exercise or Rest	10 mins easy 3x3mins fast with 90 secs between each. 10 mins easy	Alternate Exercise or Rest	15 - 20 mins easy	REST	10k Race