



INTERMEDIATE 10K TRAINING PLAN

	SUNDAY	MONDAY	TUESDAY WORKOUT DAY	WEDNESDAY	THURSDAY EASY DAY	FRIDAY REST OR OPTIONAL RUN	SATURDAY LONG RUN DAY	WEEKLY TOTAL TOTAL MILES
WEEK 1	REST	3 MILES	3 MILES	CROSS TRAIN	2 MILES	REST	4 MILES	12 MILES
WEEK 2	REST	3 MILES	3.5 MILES TEMPO	CROSS TRAIN	2.5 MILES	REST	4.5 MILES	13.5 MILES
WEEK 3	REST	3.5 MILES	4 MILES	CROSS TRAIN	3 MILES	REST	5 MILES <small>Optional progression long run</small>	15.5 MILES
WEEK 4	REST	4 MILES	4 MILE TEMPO	CROSS TRAIN	3 MILES	REST	6 MILES	17 MILES
WEEK 5 <small>down week</small>	REST	3 MILES	3 MILES	CROSS TRAIN	2 MILES	REST	4 MILES	11 MILES
WEEK 6	REST	4.5 MILES	2-6X 800M INTERVALS 5 MILES TOTAL	CROSS TRAIN	3 MILES	REST	6.5 MILES	19 MILES
WEEK 7	REST	5 MILES	5 MILE TEMPO	CROSS TRAIN	3 MILES	REST	7 MILES <small>Optional progression long run</small>	20 MILES
WEEK 8 <small>down week</small>	REST	3 MILES	3 MILES	CROSS TRAIN	3 MILES	REST	3 MILES	12 MILES
WEEK 9	REST	5 MILES	1600, 1200, 1000, 800, 400, 200 6 MILES TOTAL	CROSS TRAIN	4 MILES	REST	7.5 MILES	22.5 MILES
WEEK 10	REST	5.5 MILES	6.5 TEMPO	CROSS TRAIN	4 MILES	REST	8 MILES <small>Optional progression long run</small>	24 MILES
WEEK 11 <small>taper begins</small>	REST	4 MILES	3 MILES	CROSS TRAIN	2 MILES	REST	4 MILES	13 MILES
WEEK 12 <small>taper</small>	REST	3 MILES	3 MILES	CROSS TRAIN	2 MILES	REST	6.2 MILES	14.2 MILES

INTERMEDIATE **10K TRAINING PLAN**

TEMPO

Run easy for 2 miles to warm up. Run 20-30 minutes at race pace. Run easy for 1 mile to cool down.

INTERVALS

Run easy for 10-15 minutes to warm up. Then do 2-4 sets of prescribed intervals. Run VERY easy for 400m between each. Cool down for 1 mile. On the repeats, you should run faster than your goal pace. You aren't going all out but it's harder than a tempo pace.

CROSS-TRAINING

This is a day to minimize impact on your body. Good options are cycling, elliptical, swimming, hiking or even a power walk.

LONG RUN

The goal here is just time on your feet. Speed does NOT matter. Run very easy. You should be able to speak in complete sentences.

FRIDAYS

If you want to increase your overall weekly mileage (and you're already running more than 20 miles a week before the plan), you could do the same mileage on Friday that is prescribed on Thursday or less – not more.

PROGRESSION

Finish the last 10-15 minutes at a medium-hard effort, running faster than your easy pace.

*A note about strength training: If you want to do strength training, it's best to do it the same day as your workout run, after you've finished your run. That allows your cross-training and easy days to be truly easy and allow your body to recover.