

Name:	Race:	Date:
10k Intermediate		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	REST	15 mins warm-up, 5 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins cross training / strength & conditioning	45 mins Steady undulating run + Stretch	REST	40 mins Steady undulating run - push the hills to threshold effort	60 mins Long run - Easy effort + Stretch
Week 2	REST	40 mins Easy run + Stretch	15 mins warm-up, 5 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins cross training / strength & conditioning	REST	15 mins warm-up, 5 x 3 mins at 90% effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	70 mins Long run - Easy effort + Stretch
Week 3	REST	45 mins cross training / strength & conditioning	15 mins warm-up, 3 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	40 mins Easy run + Stretch	REST	15 mins warm-up, 5 x 3 mins at 90% effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	75 mins Long run - Easy effort + Stretch
Week 4	REST	15 mins warm-up, 3 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins cross training / strength & conditioning	45 mins Steady undulating run + Stretch	REST	40 mins Easy run + Stretch	80 mins Long run - Easy effort + Stretch
Week 5	REST	15 mins warm-up, 6 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins cross training / strength & conditioning	50 mins Easy run + Stretch	REST	15 mins warm-up, 6 x 3 mins at 90% effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST
Week 6	REST	15 mins warm-up, 6 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins cross training / strength & conditioning	40 mins Easy run + Stretch	REST	parkrun	60 - 80 mins Long run - Easy effort + Stretch
Week 7	REST	45 mins run including middle 15 mins at Threshold effort + Stretch	45 mins cross training / strength & conditioning	15 mins warm-up, 6 x 3 mins at 90% effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	30 mins Easy run + Stretch	90 min Long run - Easy effort + Stretch
Week 8	REST	15 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins cross training / strength & conditioning	45 mins Steady run + Stretch	REST	15 mins warm-up, 6 x 4 mins at 90% effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	70 mins Long run - Easy effort + Stretch
Week 9	REST	15 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	30 mins Easy run + Stretch	45 mins cross training / strength & conditioning	REST	15 mins warm-up, 6 x 4 mins at 90% effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins Long run - Easy effort + Stretch
Week 10	REST	15 mins warm-up, 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	30 mins easy run + stretch	REST	20 mins easy run + Stretch	10k Race Day