



## Intermediate 10km Programme

*This programme is for you if you have already done a 10km race or longer and would like to improve your time! It uses longer runs to help you cover the distance and tempo and speed work to increase pace*

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b> utilise a local parkrun as part of your training run	<b>SUNDAY</b> Listen to your body and train accordingly
<b>WEEK 1</b>	20 mins easy or cross training	20- 30 mins tempo (including 5 mins warm up and cool down)	<b>REST</b>	20 mins speed work (fartlek/hills etc.)	<b>REST</b>	3 miles (5km) long run	REST / STRETCH session
<b>WEEK 2</b>	20 mins easy or cross training	20 to 30 mins tempo (including 5 mins warm up and cool down)	<b>REST</b>	20 mins speed	<b>REST</b>	5 miles (8km) long run	REST / STRETCH session
<b>WEEK 3</b>	30 mins easy run or cross training	30 mins tempo (including 5 mins warm up and cool down)	<b>REST</b>	20 mins speed	<b>REST</b>	6 miles(9.6km) long run	REST / STRETCH session
<b>WEEK 4</b>	30 mins easy run or cross training	30 mins tempo (including 5 mins warm up and cool down)	<b>REST</b>	30 mins speed	<b>REST</b>	7 miles(11.2km) long run	REST / STRETCH session
<b>WEEK 5</b>	20 mins easy run or cross training	30 mins tempo (including 5 mins warm up and cool down)	<b>REST</b>	30 mins speed	<b>REST</b>	8 miles (12.9km) long run	REST / STRETCH session
<b>WEEK 6</b>	20 mins easy run or cross training	30 mins tempo (including 5 mins warm up and cool down)	<b>REST</b>	30 mins speed	<b>REST</b>	8 miles (12.9km) long run	REST / STRETCH session
<b>WEEK 7</b>	30 mins easy run or cross training	30 mins tempo (including 5 mins warm up and cool down)	<b>REST</b>	20 mins speed	<b>REST</b>	6 miles (10km) long run	REST / STRETCH session
<b>WEEK 8</b>	30 mins easy run or cross training	30 mins tempo (including 5 mins warm up and cool down)	<b>REST</b>	20 mins speed	<b>REST</b>	REST / STRETCH session	<b>RaceDay</b>

## Running Log

An opportunity for you to log progress over the duration of the training programme; recording successes will boost your confidence, whilst noting difficult sessions and why will allow you to develop in the future.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXAMPLE	Found I had lots of energy today	Tired today, completed session – pleased with that				Ran with my social group today – good to train with others	Hamstrings tight, nice to stretch
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							RACEDAY