



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

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

