

# 10KM

## INTERMEDIATE TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	3 MILE RUN	3 MILE RUN	35 MIN TEMPO RUN*	3 MILE RUN	REST	60 MIN CROSS*	4 MILE RUN
2	3 MILE RUN	3.5 MILE RUN	8 X 400 (5 KM PACE)*	4 MILE RUN	REST	60 MIN CROSS*	5 MILE RUN
3	3 MILE RUN	4 MILE RUN	40 MIN TEMPO RUN*	3 MILE RUN	REST	60 MIN CROSS*	6 MILE RUN
4	3 MILE RUN	4.5 MILE RUN	9 X 400 (5 KM PACE)*	4 MILE RUN	REST	REST	5 KM RACE
5	3 MILE RUN	5 MILE RUN	35 MIN TEMPO RUN*	3 MILE RUN	REST	60 MIN CROSS*	6 MILE RUN
6	3 MILE RUN	5.6 MILE RUN	10 X 400 (5 KMPACE)*	4 MILE RUN	REST	60 MIN CROSS*	7 MILE RUN

\*CROSS-TRAINING IDENTIFIED AS "CROSS" - AEROBIC EXERCISES WORK BEST. THIS COULD BE SWIMMING, CYCLING, WALKING OR EVEN SOME COMBINATION THAT COULD INCLUDE STRENGTH TRAINING.

\*\*TEMPO RUN" - A TEMPO RUN IS A CONTINUOUS RUN WITH A BUILDUP IN THE MIDDLE TO NEAR RACE PACE. \*\*\*5 KM PACE" - THE PACE YOU WOULD RUN IN A 5 KM RACE.

# 10KM

## INTERMEDIATE TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
7	3 MILE RUN	6 MILE RUN	50 MIN TEMPO RUN*	4 MILE RUN	REST	60 MIN CROSS*	8 MILE RUN
8	3 MILE RUN	3 MILE RUN	5 X 400 (5 KM PACE)*	1-3 MILE RUN	REST	REST	10 KM RACE

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