

## INTERMEDIATE 10KM RUN PROGRAM

### Week 1:

- Monday Rest day
- Tuesday 8km time trial at tempo pace
- Wednesday 8km easy recovery session
- Thursday Rest day
- Friday 10km at tempo pace
- Saturday 5km easy in the afternoon
- Sunday 10km moderate/tempo pace

The weekly mileage is 41km. We build slowly. This intermediate program is a step up from the beginner program.

### Week 2:

- Monday Rest day
- Tuesday 10km easy recover run
- Wednesday 1km easy/10 x 400m hard up hill/easy down/1km easy
- Thursday Rest day
- Friday 8km tempo run
- Saturday Rest day
- Sunday 15km easy run/keep heart rate down

Weekly mileage is 43km. The hill session is important. The hill section will only be 400m long and should not be too steep. Make sure you do a lot of stretching during the week and warm up well before some of the more intense sessions. You should also try to fit in one gym session per week working on the lower body and core muscles, as this will assist you hugely during this training program.

### Week 3:

- Monday Rest day
- Tuesday 1km easy/4km time trial hard fast pace/1km easy
- Wednesday 10km recovery run
- Thursday Track session/1km easy/10 x 400m hard rest 30 secs/3 x 1k intervals rest 20
- Friday Rest day
- Saturday Rest day
- Sunday 15km easy to tempo run/start slower finish faster

Weekly mileage is 39km. We decrease the intensity a little as we head to the last week of the four-week training period.

## Week 4:

- Monday Rest day
- Tuesday 8km easy run
- Wednesday Track session/1km easy/4 x 1km hard rest 60 secs between
- Thursday Rest day
- Friday Rest day
- Saturday 8km easy slow run
- Sunday 10km road race/sufficient warm-up before the gun goes

The weekly mileage is 31km for the last of the four weeks, and you have now completed your first ever 10km race!