



**PULSE PERFORMANCE 10KM INTERMEDIATE TRAINING PLAN**

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
1	5km easy	7km easy	CT or Strength	7km easy	Stretch and Roll	5km easy	7km easy
2	5km easy	7km with hills( 7x 30 sec with jog down recovery)	CT or Strength	7km with 5km tempo	S and R	5km easy	7km easy
3	5km easy	7km with 6x 400m	CT or Strength	5km easy	S and R	5km easy	8km easy
4	5km easy	7km easy	CT or Strength	7km with 6km tempo	S and R	6km easy with 1km faster	5km time trial or race(10kmtotal)
5	5km easy	7km with 8x 400m	CT or Strength	7km easy	S and R	5km easy with 2km faster	10km easy
6	5km easy	7km with hills ( 10x 30 sec with jog down recovery)	CT or Strength	8km with 7km tempo	S and R	5km easy	10km easy
7	5km easy	7km with 10x 400m	CT or Strength	5km easy	S and R	4km easy with 3km faster	12km easy
8	5km easy	8km with hills ( 7 x 45 sec with jog down recovery)	CT or Strength	3km easy with 2km faster	S and R	5km easy	12km easy
9	5km easy	7km with 8x 400m	7km easy	8km easy	S and R	6km easy with 2km faster	8km easy
10	5km easy	7km with 6x 400m	S and R	7km easy	S and R	4km easy with 1km faster	Neuroplastoma 10k



If you are a runner who is ready to improve your race performance and would like to step up from the beginners' plan or consider yourself an intermediate runner, then this is the next level plan for you. If you can run 10km in under 60mins, want to run sub 52mins and run min 4 days a week, this is the plan for you. If this plan seems too easy and you can already run sub 50min, then try our advance 10K plan.

This training plan will help you improve your 10km performance in the Neuroblastoma 10 km.

Remember everyone is an individual and will improve at different times due to the different level of fitness. This training plan has been designed for those who have already completed a couple of 10km events and can run sub 52min, this general program should give you all the stamina, speed and endurance you will need to complete the Neuroblastoma 10km event, and maybe a new personal best time 😊

Our 10-week training plan is just a guide, so feel free to make it work for you.

But remember to try stick with the plan if it suits you and don't add any extra k's or start off with too much too soon, this is one of the biggest mistakes people make that demotivates people or causes injury.

#### **Training days information:**

**Rest:** Rest days are just as important as training days and provide an opportunity for your body to recover and your muscles to build in strength. Your muscles repair and build during the rest days so improvement depends on how well you recover. As an intermediate runner, you are already running 5 days so don't ignore the rest days, if you don't have enough recovery you are more than likely to get injured.

**Race pace (RP):** How fast should I run? RP is the time you expect to run the Neuroblastoma 10km, but be realistic. If you already run a 48min 10km then your aim should be to break 48min not smash it by ten mins otherwise you will blow up or even worse get injured. So when you have RP you do the allocated run at your race target pace.

**Tempo pace:** A tempo run is a continuous run with a build-up to near 10-K race pace. Tempo runs are scheduled for every second Thursdays. A 5km Tempo would begin with a 2km easy running, then building to peak pace for the 5km then 3km easy to finish off. The pace build-up should be gradual, not sudden. You can do tempo runs anywhere: on the road, on trails...

**Track 400s:** If you want to race at a fast pace, you need to train at a fast pace. This plan has Interval training, you alternate fast running with jogging. After a warm-up, run 400 meters faster than your 5K race pace, and then recover by jogging 400 meters. The 400s do not have to be done on the track, can be done anywhere.

**Cross-training:** Wednesday is cross-training used as an active recovery day, this is a good day to go swimming, cycling or walking. Try not to do any running on this day so your body recovers well and allows you to get ready to run again the next day. You can also do Strength training that could consist of bodyweight-based activities like push-ups, chin-ups or dips or light weights with high reps at your local gym.

**Hills:** Are scheduled for every second Tuesdays, try to avoid stairs. The neuroblastoma has a few nasty hills so this plan will get you ready to tackle the hills head on. Hills a great way to build leg strength and running



technique. Being an intermediate runner you can run the hills to 80-90% effort but don't sprint the hills, jog them back down at 70% no faster for the first two sessions then you can run down faster.

Running down hills places lots of stress on your knees and joints, only run the down hills once you become an intermediate or advanced runner. Find a hill that's not too steep and complete the session prescribed.

**Stretch + Roll:** Is scheduled for Fridays, following your tough Thursday session and to get you fresh for the double days of running. You can't run efficiently if fatigued and can increase your chances of injury. We also recommend to use a foam roller to assist your legs to recover faster from muscle tightness.

**Long runs:** The longest runs are planned for Sundays but if Saturday works better for your schedule you can swap. Long runs are designed to run it slow to build your endurance, both aerobic and muscular. Don't try run these faster than your conversation pace except on those days where it has a RP workout is prescribed. A RP is the pace you want to complete the 10km race, you accelerate to race pace over the last one quarter of the workout for the distance prescribed.