



**RUN A
DISTANCE
TO MAKE A
DIFFERENCE**



10K INTERMEDIATE PROGRAM



This program is designed for someone who runs consistently, can already run 10k and now wants to improve. You should be comfortable with the 1st week of training prior to starting. 10 weeks long, 4 runs per week. You can be flexible regarding what days work best for your schedule to complete work-outs.

RUNNING TERMINOLOGY



EASY RUN

Run relaxed and at a comfortable effort level. You should be able to have a conversation without feeling out of breath.



EFFORTS

Fast and slow paces. Alternating between easy efforts and fast efforts within a continuous run.



TEMPO

A working pace that is comfortably uncomfortable. You can answer simple questions but not have a full conversation.



HILLS

A hard effort, but on a hill. The easy jog down is your recovery time.



LONG RUN

Long runs will be kept at an easy, relaxed effort, unless otherwise specified. You should be able to hold a conversation.

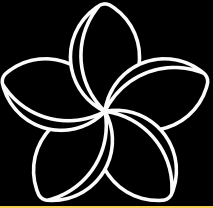


X-TRAIN & STRENGTH

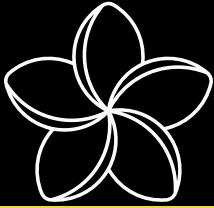
Cycling, swimming, strength sessions at home or in a gym, pilates, etc. Stay strong for running and enjoy the variety.

10K PROGRAM - INTERMEDIATE

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
10	6K easy run	Strength	7K run including: 3K @ tempo	5K easy run	Rest	9K long run	Rest OR x-train
9	6K easy run	Strength	7K run including: 8x1min efforts (1min jog)	6K easy run	Rest	10.5K long run	Rest OR x-train
8	7K easy run	Strength	8K run including: 4K @ tempo	6K easy run	Rest	12K long run	Rest OR x-train
7	5K easy run	Strength	6K easy run	5K easy run	Rest	10K long run work-out including: 5K tempo OR parkrun	Rest OR x-train
6	7K easy run	Strength	8K run including: 2x3K @ tempo (2min rest)	7K easy run	Rest	12K long run	Rest OR x-train
5	8K easy run	Strength	9K run including: 5x3min efforts (1min jog)	7K easy run	Rest	13K long run	Rest OR x-train
4	7K easy run	Strength	7K easy run	6K easy run	Rest	11K long run work-out including: 5k tempo OR parkrun	Rest OR x-train
3	8K easy run	Strength	9K run including: 6K @ tempo	8K easy run	Rest	14K long run	Rest OR x-train
2	7K easy run	Strength	7k run including: 4x1K @ 10K pace (2min jog)	7K easy run	Rest	8K long run	Rest
1	6K easy run	Rest	5K run including: 2K @ 10K pace to finish	20min run	Rest	Rest	Run2Cure



EXAMPLE



Here's an example of how to manage your weekly sessions.

- WEEK 6 -

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
6	7K easy run	Strength	8K run including: 2x3K @ tempo (2min rest)	7K easy run	Rest	12K long run	Rest OR x-train

Warm-Up - Prior to any session, aim to be warmed up with walking and dynamic stretching.

Monday - Enjoy your easy runs. Find a running buddy to help keep you accountable. You should be able to hold a conversation while running.

Wednesday - Always include a solid 10-15 minutes of easy running prior to any interval work. Once your intervals are complete, run easy to complete the total distance.

i.e. Run 2K at warm-up effort, then run a 3K at a tempo effort, rest for 2 minutes, then run your second 3K @ a tempo effort to finish.

