

BUPA 10 KM TRAINING PROGRAMME - INTERMEDIATE

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
DAY 1	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 2	2 miles easy	2 miles easy	3 miles easy	3 miles easy	2 miles easy	2 miles easy	3 miles easy	3 miles easy
DAY 3	30 minutes tempo	30 minutes tempo	30 minutes tempo	40 minutes tempo	40 minutes tempo	50 minutes tempo	50 minutes tempo	5km race-pace run
DAY 4	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 5	30 minutes easy	30 minutes easy	30 minutes easy	30 minutes speed	30 minutes speed	30 minutes speed	30 minutes speed	3 miles easy
DAY 6	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 7	3 miles	5 miles	6 miles	7 miles	8 miles	8 miles	6 miles	10km race

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