

BUPA 10 MILE TRAINING PROGRAMME - INTERMEDIATE

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11 (TAPER)	WEEK 12
DAY 1	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 2	30 minutes easy	30 minutes easy	40 minutes easy	40 minutes easy	40 minutes easy	40 minutes easy	40 minutes easy	40 minutes easy	40 minutes easy	40 minutes easy	40 minutes easy	30 minutes easy
DAY 3	30 minutes easy	30 minutes easy	40 minutes easy	50 minutes tempo	50 minutes tempo	45 minutes tempo	40 minutes tempo	50 minutes tempo	50 minutes tempo	50 minutes tempo	50 minutes tempo	40 minutes tempo
DAY 4	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 5	30 minutes easy	30 minutes speed	30 minutes speed	30 minutes speed	40 minutes speed	40 minutes speed	40 minutes speed	40 minutes speed	40 minutes speed	30 minutes speed	40 minutes speed	30 minutes easy
DAY 6	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 7	3 miles	3 miles	4 miles	4 miles	6 miles	4 miles	6 miles (10km)	8 miles	8 miles	10 miles	6 miles at race pace	10-mile race

For expert advice on your running visit www.buparunning.co.uk

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