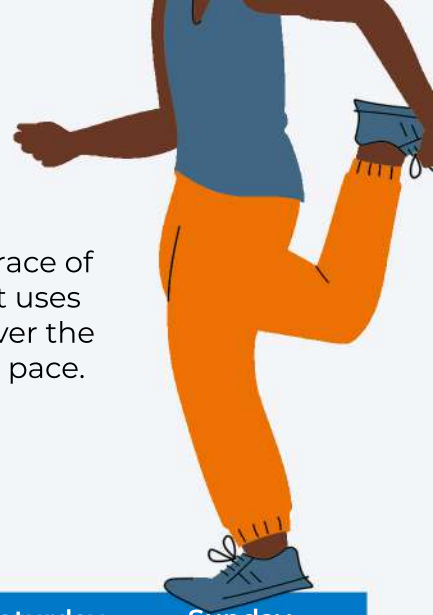# Intermediate
10km programme

This programme is for you if you have already done a rac[e]
10km or longer and would like to improve your time. It us[es]
long runs so you can be confident you'll be able to cover [the]
distance, and tempo and speed work to increase your pa[ce]

One mile is equivalent to 1.6 km. For this training programme, distances in miles have been rounded to the nearest whole number for simplicity.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	20 mins easy	20 to 30 mins tempo	Rest	30 mins easy	Rest	Long run: 3 miles (5km)
Week 2	Rest	20 mins easy or cross training	20 to 30 mins interval running	Rest	30 mins easy	Rest	Long run: 5 miles (8km)
Week 3	Rest	30 mins easy	30 mins tempo	Rest	40 mins easy	Rest	Long run: 6 miles (10km)
Week 4	Rest	30 mins easy or cross training	30 mins interval running	Rest	40 mins easy	Rest	Long run: 7 miles (11km)
Week 5	Rest	20 mins easy	30 mins tempo	Rest	30 mins easy	Rest	Long run: 8 miles (13km)
Week 6	Rest	30 mins easy or cross training	30 mins tempo	Rest	30 mins tempo	Rest	Long run: 8 miles (13km)
Week 7	Rest	30 mins easy	30 mins tempo	Rest	40 mins easy	Rest	Long run: 5 miles (8km)
Week 8	Rest	30 mins easy or cross training	5km steady	Rest	3 miles easy	Rest	RACE