



Intermediate 10km programme

This programme is for you if you have already done a race of 10km or longer and would like to improve your time. It uses long runs so you can cover the distance, and tempo and speed work to increase your pace.

1km is equivalent to 0.6 miles. 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 or cross training	20 to 30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	30 mins easy	Rest	3 miles (5km) long run
Week 2	Rest	20 mins easy or cross training	20 to 30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	30 mins easy	Rest	5 miles (8km) long run
Week 3	Rest	30 mins easy or cross training	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	30 mins easy	Rest	6 miles (10km) long run
Week 4	Rest	30 mins easy or cross training	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	30 mins speed	Rest	7 miles (11km) long run
Week 5	Rest	20 mins easy or cross training	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	30 mins speed	Rest	8 miles (13km) long run
Week 6	Rest	20 mins easy or cross training	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	30 mins speed	Rest	8 miles (13km) long run
Week 7	Rest	30 mins easy or cross training	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	30 mins speed	Rest	6 miles (10km) long run
Week 8	Rest	30 mins easy or cross training	3 miles (5km) race pace	Rest	3 miles (5km) easy	Rest	10 km RACE

