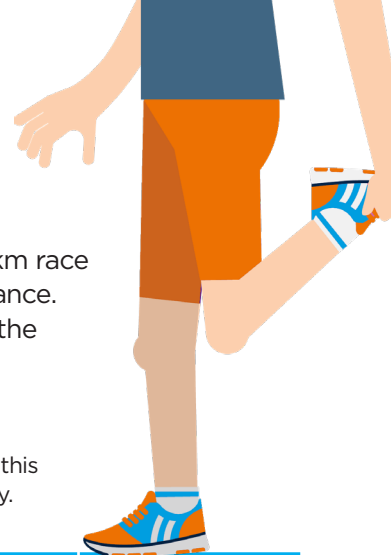


# Intermediate 10 mile programme

This programme is for you if you have already done a 5km or 10km race and would like to improve your time or move up to the next distance. It uses long runs so you can be confident you'll be able to cover the distance, plus tempo and speed work to increase your pace.



Use this alongside our 10-mile training webpage: [bupa.co.uk/10-mile-plan](http://bupa.co.uk/10-mile-plan).

The effort levels described here correspond to the 'Activity' column. One mile is equivalent to 1.6km. For this training programme, where distances are specified, we've rounded them to the nearest mile for simplicity.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	30 mins easy	20 mins tempo	Rest	30 mins cross train, swim or cycle	30 mins easy	Long run: 3 miles
Week 2	Rest	30 mins easy	20 mins interval running	Rest	30 mins cross train, swim or cycle	30 mins tempo	Long run: 3 miles
Week 3	Rest	40 mins easy	30 mins interval running	Rest	30 mins cross train, swim or cycle	30 mins tempo	Long run: 4 miles
Week 4	Rest	40 mins easy	30 mins tempo	Rest	30 mins cross train, swim or cycle	30 mins interval running	Long run: 4 miles
Week 5	Rest	40 mins easy	30 mins interval running	Rest	40 mins cross train, swim or cycle	40 mins tempo	Long run: 6 miles
Week 6	Rest	40 mins easy	30 mins tempo	Rest	40 mins cross train, swim or cycle	40 mins interval running	Long run: 5 miles
Week 7	Rest	40 mins easy	30 mins interval running	Rest	40 mins cross train, swim or cycle	40 mins tempo	Long run: 6 miles
Week 8	Rest	50 mins easy	30 mins tempo	Rest	40 mins cross train, swim or cycle	40 mins interval running	Long run: 8 miles
Week 9	Rest	50 mins easy	30 mins interval running	Rest	40 mins cross train, swim or cycle	40 mins tempo	Long run: 8 miles
Week 10	Rest	50 mins easy	30 mins tempo	Rest	40 mins cross train, swim or cycle	30 mins interval running	Long run: 9 miles
Week 11	Rest	60 mins easy	30 mins interval running	Rest	30 mins cross train, swim or cycle	40 mins tempo	Long run: 6 miles
Week 12	Rest	30 mins easy	Rest	Rest	30 mins easy	Rest	<b>10-MILE RACE</b>

