

10K Run, Intermediate Training

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	3 mile run	3 mile run	35 min tempo	3 mile run	Rest	60 min cross	4 mile run
2	3 mile run	3.5 mile run	8 x 400 5K Pace	4 mile run	Rest	60 min cross	5 mile run
3	3 mile run	4 mile run	40 min tempo	3 mile run	Rest	60 min cross	6 mile run
4	3 mile run	4.5 mile run	9 x 400 5K Pace	4 mile run	Rest	Rest	5K Run
5	3 mile run	5 mile run	45 min tempo	3 mile run	Rest	60 min cross	6 mile run
6	3 mile run	5.5 mile run	10 x 400 5K Pace	4 mile run	Rest	60 min cross	7 mile run
7	3 mile run	6 mile run	50 min tempo	4 mile run	Rest	60 min cross	8 mile run
8	3 mile run	3 mile run	5 x 400 5K Pace	1-3 mile run	Rest	Rest	10K Run

Instructions:

Run the 400s at about the pace you would run in a 5K race. A tempo run begins with 10-15 minutes easy running, middle at near race pace, and then 5-10 minutes easy toward the end. Cross-training: swimming, cycling, or other forms of aerobic training... could include strength training (best done after easy runs). Cross-training days should be considered easy days that allow you to recover.