



INTERMEDIATE

Training Program

Week 1

The first week of any training program is crucial – here you start to build the blocks of perseverance, consistency, and confidence. Physically and mentally, the first week of a program is usually the hardest.

But trust us, it gets easier from here!

- Monday** Rest day
- Tuesday** 3km warm-up. 6 x 600m hard, with 3 min jog recovery between. 3km cool-down. Hard efforts done at your 5km PB pace.
- Wednesday** 8km recovery run (with 8–10 x 100m strides). Pace should be very comfortable (~55% maximum heart rate).
- Thursday 25 min tempo.** Pace should be around goal 10k pace.
- Friday** Rest day
- Saturday** 8km easy (hilly run)
- Sunday** 10km easy. Pace should be comfortable (able to maintain a short conversation) and about ~65% of maximum heart rate.

Awesome job – you’ve just finished your first week of training!



Week 2

Getting into this routine, with regular exercise and familiar stimuli applied to your body, is going to help you stay consistent. Your body will start adapting as you become a better runner.

Keep at it!

- Monday** Rest day
- Tuesday** 3km warm-up. 5 x 800m hard, with 3 min jog recovery between. 3km cool-down. Hard efforts done at your 5km PB pace.
- Wednesday** 8km recovery run (with 8–10 x 100m strides). Pace should be very comfortable (~55% maximum heart rate).
- Thursday 25 min tempo.** Pace should be around goal 10k pace.
- Friday** Rest day
- Saturday** 9km Fartlek (1km steady, 500m jog recovery x 6). 1km efforts should be at your 10km goal pace.
- Sunday** 12km easy. Pace should be comfortable (able to maintain a short conversation) and about ~65% of maximum heart rate.



You’re halfway there. You can totally do this!

Week 3

Now entering halfway of the program, we’re **starting to get a little more serious** with higher intensity workouts. This will help bring down your time for your 10K by getting used to running at faster speeds.

After getting through this week you should start to feel fitter and more confident about being able to cover the 10K distance. Set yourself a goal time that you’d like to complete the 10K in – write it down somewhere that you’ll see it daily to keep yourself motivated.

- Monday** Rest day
- Tuesday** 3km warm-up. 4–5 x 1000m hard, 4 min jog recovery between. 3km cool-down. Hard efforts done at your 5km PB pace.
- Wednesday** 8km recovery run. Pace should be very comfortable (~55% maximum heart rate).
- Thursday 30 min tempo.** Pace should be around goal 10k pace.
- Friday** Rest day
- Saturday** 9km easy (hilly run)
- Sunday** 14km easy. Pace should be comfortable (able to maintain a short conversation) and about ~65% of maximum heart rate.

Keep on track!



Week 4

Crunch time! This is the most challenging week of the program, but once you finish your 10K run, you’ll look back and think ‘Wow! I’ve come so far in just one month!’

- Monday** Rest day
- Tuesday** 3km warm-up. 6 x 400m hard, 3 min jog recovery between. 3km cool-down. Hard efforts done at your 5km PB pace.
- Wednesday** 8km recovery run. Pace should be very comfortable (~55% maximum heart rate).
- Thursday** 8km easy run
- Friday** 6km easy run
- Saturday** Rest day
- Sunday RACE DAY!** Or if you’re doing your race next week, very easy 4km–5km. Make sure you rest the day before your run!



Congratulations! You finished your training and are ready to run. Good luck!