

| 10KM INTERMEDIATE TRAINING PROGRAM | | | | | | | |
|---|---------------|--|------------------|---|--|---------------------------------------|--|
| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 1 | Rest | Run [fartlek] – 35 mins including 4 x 200m efforts then 6 x 400m efforts with 200m easy b/w each (pace 5 sec faster than 10km pace) | Rest | Run [strength] – 35 mins including 3 x (5 mins hill effort with jog down as recovery) | Rest | Run [long run] – 50 mins (continuous) | Cross training (optional) |
| 2 | Rest | Run [fartlek] – 35 mins including 4 x 200m efforts then 3 x 600m efforts with 2 mins easy b/w each | Rest | Run [strength] – 35 mins including 3 x (5 mins hill effort with jog down as recovery) | Rest | Run [long run] – 40 mins (continuous) | Cross training (optional) |
| 3 | Rest | Run [speed] – 40 mins including 3 x 300m efforts then 4 x 1000m with 90 sec easy b/w each | Rest | Run [tempo] – 40 mins including 4 x (4 mins efforts / 2 mins easy) | Rest | Run [long run] – 50 mins (continuous) | Cross training (optional) |
| 4 | Rest | Run [fartlek] – 45 mins including 4 x 200m efforts then 8 x 400m efforts with 200m easy b/w each (pace 5 sec faster than 10km pace) | Rest | Run [tempo] – 40 mins including 3 x (7 mins efforts / 2mins easy) | Rest | Run [long run] – 55 mins (continuous) | Cross training (optional) |
| 5 | Rest | Run [speed] – 45 mins including 10 x 200m effort / 200m recovery (pace 10 sec faster than 10km race pace) | Rest | Run [strength] – 45 mins including 6 x (3 mins hill effort with jog down as recovery) | Rest | Run [long run] – 60 mins (continuous) | Cross training (optional) |
| 6 | Rest | Run [speed] – 45 mins including 6 x 600m with 2 mins easy b/w each | Rest | Run [tempo] – 45 mins including 3 x (6 mins efforts / 2 mins easy) | Rest | Run [long run] – 60 mins (continuous) | Cross training (optional) |
| 7 | Rest | Run [speed] – 45 mins including 5 x 1000m with 90 sec recovery | Rest | Run [strength] – 45 mins including 6 x (3 mins hill effort with jog down as recovery) | Rest | Run [long run] – 70 mins (continuous) | Cross training (optional) |
| 8 | Rest | Run [speed] – 45 mins including 5 x 800m with 400m easy jog b/w each (pace 5 sec faster than 10km pace), then 6 x 200m with 200m easy jog b/w each (pace 10 sec faster than 10km pace) | Rest | Run [tempo] – 50 mins including 2 x (10 mins efforts / 2mins easy) | Rest | Run [long run] – 70 mins (continuous) | Cross training (optional) |
| 9 | Rest | Run [speed] – 45 mins including 10 x 200m effort / 200m recovery (pace 10 sec faster than 10km race pace) | Rest | Run [tempo] – 45 mins including 3 x (6 mins efforts / 2mins easy) | Rest | Run [long run] – 60 mins (continuous) | Cross training (optional) |
| 10 | Rest | Run [speed] – 50 mins including 4 x 4 mins efforts at race pace, with 4 mins easy b/w each | Rest | Run [fartlek] – 40 mins including 5 x (90 sec effort / 90 sec easy) | Run [strides] – 30 mins including 4 x 30 sec strides | Rest | Run Melbourne, presented by The Age |