

INTERMEDIATE 10-MILE TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Off	1-mile warm-up, then 8 x ¼ mile fast with 2:00 rest breaks, ½-mile cool-down.	Easy 4-5 miles	Easy 4-5 miles	5-mile acceleration	Easy 4-5 miles	Easy 8 miles
Off	1-mile warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 4-5 miles	Easy 4-5 miles	6-mile acceleration	Easy 4-5 miles	Easy 10 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 5-6 miles	Easy 4-5 miles	1-mile warm-up, then 6 x 1mile @ 10 mile pace w/ 2:00 breaks.	Easy 4-5 miles	“Not so easy” 8 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 5-6 miles	Easy 5-6 miles	6-mile acceleration	Easy 4-5 miles	Easy 12 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 5-6 miles	Easy 5-6 miles	1-mile warm-up, then 8 x 1mile @ 10 mile pace w/ 2:00 breaks.	Easy 4-5 miles	“Not so easy” 8 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 5-6 miles	Easy 5-6 miles	8-mile acceleration.	Easy 5-6 miles	Easy 12 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down..	Easy 5-6 miles	Easy 5-6 miles	1-mile warm-up, then 8 x 1mile @ 10 mile pace w/ 2:00 breaks.	Easy 5-6 miles	“Not so easy” 10 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 5-6 miles	Easy 5-6 miles	8-mile time-trial	Easy 5-6 miles	Easy 15 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 5-6 miles	Easy 5-6 miles	1-mile warm-up, then 8 x 1mile @ 10 mile pace w/ 2:00 breaks.	Easy 5-6 miles	“Not so easy” 10 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down..	Easy 5-6 miles	Easy 5-6 miles	8-mile acceleration	Easy 5-6 miles	Easy 15 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 5-6 miles	Easy 5-6 miles	1-mile warm-up, then 6 x 1mile @ 10 mile pace w/ 2:00 breaks.	Easy 5 miles	Easy 8 miles
Off	4-mile acceleration	Easy 3-5 miles	Off	1-mile warm-up, 3 x 1 mile @ 10-mile pace w/ 2:00 rest breaks, ½-mile cool-down.	Easy 15-20 minutes warm-up then 4 x :30 seconds. fast. Stretch!!!	10-Mile race!