INTERMEDIATE 10K TRAINING SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Off | 1-mile warm-up, then $8 \times 1 / 4$ mile fast with 2:00 rest breaks, $1 / 2$-mile cool-down. | $\begin{aligned} & \text { Easy 3-5 } \\ & \text { miles } \end{aligned}$ | Easy 3-5 miles | 5-mile acceleration | $\begin{aligned} & \text { Easy 3-5 } \\ & \text { miles } \end{aligned}$ | Easy 6 miles |
| Off | 1-mile warm-up, 8 x $1 / 4$ mile fast $w /$ 2:00 breaks, $1 / 2$ mile cool-down. | $\begin{gathered} \text { Easy 3-5 } \\ \text { miles } \end{gathered}$ | Easy 3-5 miles | 5-mile acceleration | Easy 3-5 miles | Easy 8 miles |
| Off | Warm-up, $8 \times 1 / 4$ mile fast $w / 2: 00$ breaks, $1 / 2$-mile cool-down. | Easy 3-5 miles | Easy 3-5 miles | 1-mile warm-up, then 6 x 1kilometer @ 10k pace w/ 2:00 breaks. | Easy 3-5 miles | "Not so easy" 5 miles |
| Off | Warm-up, $8 \times 1 / 4$ mile fast $w / 2: 00$ breaks, $1 / 2$-mile cool-down. | Easy 3-5 miles | Easy 3-5 miles | 5-mile acceleration | Easy 3-5 miles | Easy 10 miles |
| Off | Warm-up, $8 \times 1 / 4$ mile fast $w /$ 2:00 breaks, $1 / 2$-mile cool-down. | Easy 3-5 miles | Easy 3-5 miles | 1-mile warm-up, then $4 \times 1$ mile @ 10k pace w/ 2:00 breaks. | $\begin{gathered} \text { Easy 3-5 } \\ \text { miles } \end{gathered}$ | "Not so easy" 6 miles |
| Off | Warm-up, $8 \times 1 / 4$ mile fast $w /$ 2:00 breaks, $1 / 2$-mile cool-down. | Easy 3-5 miles | Easy 3-5 miles | 5-mile acceleration. | $\begin{aligned} & \text { Easy 3-5 } \\ & \text { miles } \end{aligned}$ | Easy 10 miles |
| Off | Warm-up, $8 \times 1 / 4$ mile fast $w / 2: 00$ breaks, $1 / 2$-mile cool-down.. | $\begin{gathered} \text { Easy 3-5 } \\ \text { miles } \end{gathered}$ | Easy 3-5 miles | 1-mile warm-up, then 8 x 1kilometer@ 10k pace w/ 2:OO breaks. | $\begin{gathered} \text { Easy 3-5 } \\ \text { miles } \end{gathered}$ | 5-mile time trial. |
| Off | Warm-up, $8 \times 1 / 4$ mile fast $\mathrm{w} / 2: 00$ breaks, $1 / 2$-mile cool-down. | Easy 3-5 miles | Easy 3-5 miles | 5-mile acceleration | $\begin{gathered} \text { Easy 3-5 } \\ \text { miles } \end{gathered}$ | Easy 12 miles |
| Off | Warm-up, $8 \times 1 / 4$ mile fast $w / 2: 00$ breaks, $1 / 2$-mile cool-down. | Easy 3-5 miles | Easy 3-5 miles | 1-mile warm-up, then $5 \times 1$ mile @ 10k pace w/ 2:00 breaks. | $\begin{gathered} \text { Easy 3-5 } \\ \text { miles } \end{gathered}$ | "Not so easy" 6 miles |
| Off | Warm-up, $8 \times 1 / 4$ mile fast $w / 2: 00$ breaks, $1 / 2$-mile cool-down.. | Easy 3-5 miles | Easy 3-5 miles | 5-mile acceleration | Easy 3-5 miles | Easy 12 <br> miles |
| Off | Warm-up, $8 \times 1 / 4$ mile fast $w / 2: 00$ breaks, $1 / 2$-mile cool-down. | Easy 3-5 miles | Easy 3-5 miles | 1-mile warm-up, then 6 x 1kilometer@ 10k pace w/ 2:00 breaks. | Easy 3 miles | Easy 8 miles |
| Off | Warm-up, $3 \times 1$ mile @ 10k pace w/ 2:00 breaks, $1 / 2$ mile cool-down. | Easy 3-5 miles | Off | 1-mile warm-up, $3 \times 1 / 2$ mile fast w/ 2:00 rest breaks, $1 / 2$-mile cool-down. | Easy 15-20 <br> minutes <br> warm-up <br> then $4 \mathrm{x}: 30$ <br> seconds fast. <br> Stretch!!! | 10K race! |

