

## INTERMEDIATE 10K 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 3-5 miles	Easy 3-5 miles	5-mile acceleration	Easy 3-5 miles	Easy 6 miles
Off	1-mile warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 3-5 miles	Easy 3-5 miles	5-mile acceleration	Easy 3-5 miles	Easy 8 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-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 x ¼ mile fast w/ 2:00 breaks, ½-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 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 3-5 miles	Easy 3-5 miles	1-mile warm-up, then 4 x 1mile @ 10k pace w/ 2:00 breaks.	Easy 3-5 miles	“Not so easy” 6 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-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 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down..	Easy 3-5 miles	Easy 3-5 miles	1-mile warm-up, then 8 x 1kilometer @ 10k pace w/ 2:00 breaks.	Easy 3-5 miles	5-mile time trial.
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 3-5 miles	Easy 3-5 miles	5-mile acceleration	Easy 3-5 miles	Easy 12 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 3-5 miles	Easy 3-5 miles	1-mile warm-up, then 5 x 1mile @ 10k pace w/ 2:00 breaks.	Easy 3-5 miles	“Not so easy” 6 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down..	Easy 3-5 miles	Easy 3-5 miles	5-mile acceleration	Easy 3-5 miles	Easy 12 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-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 x 1 mile @ 10k pace w/ 2:00 breaks, ½-mile cool-down.	Easy 3-5 miles	Off	1-mile warm-up, 3 x 1/2 mile fast w/ 2:00 rest breaks, ½-mile cool-down.	Easy 15-20 minutes warm-up then 4 x :30 seconds fast. Stretch!!!	<b>10K race!</b>