
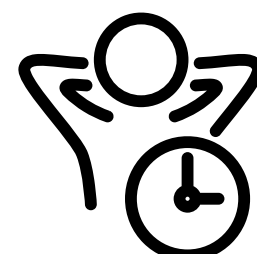
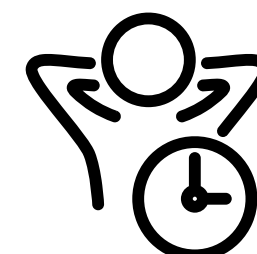
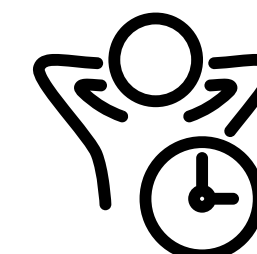
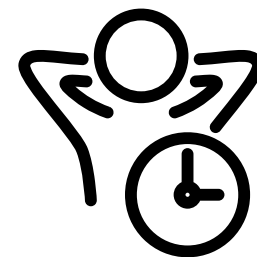
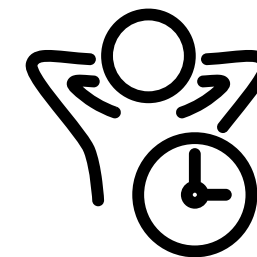
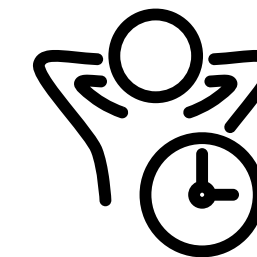

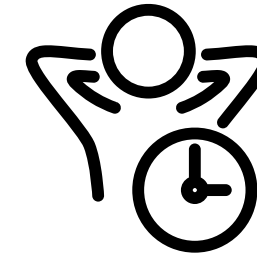
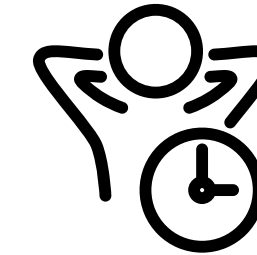


# 10K INTERMEDIATE TRAINING PLAN


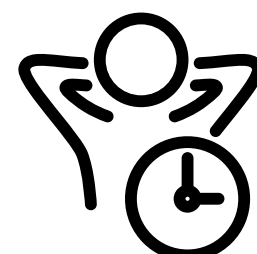
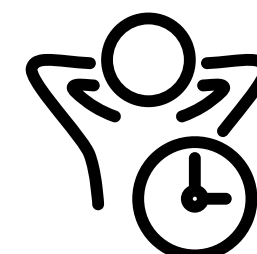
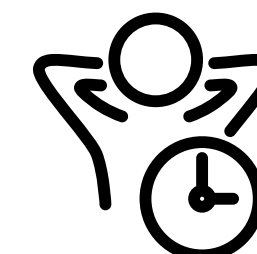

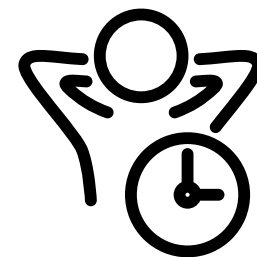
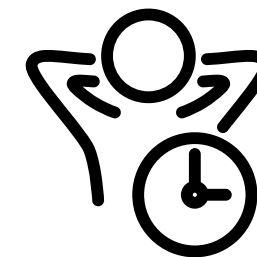
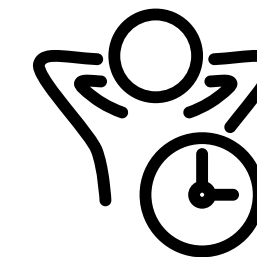
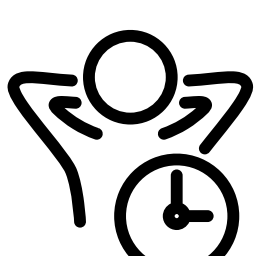
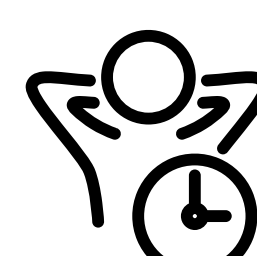


WEEK	1	2	3	4
<b>Sunday</b>	 Rest	 Rest	 Rest	 Rest
<b>Monday</b>	6.5 km easy run	7 km easy run	7 km easy run	7 km easy run
<b>Tuesday</b>	2.5 km warm up, 20mins tempo run, 1.5 km recovery run	2.5 km warm up, 24mins tempo run, 1.5 km recovery run	2.5 km warm up, 24mins tempo run, 1.5 km recovery run	2.5 km warm up, 28mins tempo run with 2mins float, 1.5 km recovery run
<b>Wednesday</b>	Optional:40mins Cross Training (Stretching Mobility, Pilates, Yoga)	 Rest	 Rest	 Rest
<b>Thursday</b>	8 km recovery run	8 km recovery run	8 km recovery run	8 km recovery run
<b>Friday</b>	 Rest	Optional:40mins Cross Training (Stretching Mobility, Pilates, Yoga)	 Rest	 Rest
<b>Saturday</b>	9.5 km Long Run	11 km Long Run	11 km Long Run	50Mins mixed pace long run

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# 10K INTERMEDIATE TRAINING PLAN










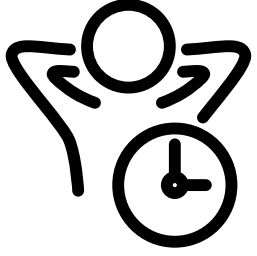
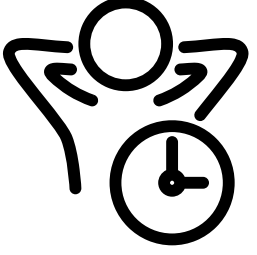


WEEK	5	6	7	8
<b>Sunday</b>	 Rest	 Rest	 Rest	 Rest
<b>Monday</b>	8 km easy run	7 km easy run	7 km easy run	8 km easy run
<b>Tuesday</b>	2.5 km warm up, 4 kms interval session with 100m walk every kms, 2.5 km recovery run	2.5 km warm up, 32mins tempo run with 2mins float, 1.5 km recovery run	2.5 km warm up, 4 kms interval session with 100m walk every km, 1.5 km recovery run	2.5 km warm up, 7 km half marathon pace, 1.5 km recovery run
<b>Wednesday</b>	 Rest	 Rest	 Rest	 Rest
<b>Thursday</b>	7 km recovery run	8 km recovery run	8 km recovery run	5.5 km recovery run
<b>Friday</b>	 Rest	Optional:40mins Strength Training	 Rest	Optional:40mins Strength Training
<b>Saturday</b>	11 km Long Run	12 km Long Run	12 km Long Run	2.5 km warm up, 5kms run, 1.5 km cool down run

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# 10K INTERMEDIATE TRAINING PLAN



WEEK	9	10	11	12
<b>Sunday</b>	 Rest	 Rest	 Rest	 Rest
<b>Monday</b>	7 km easy run	7 km easy run	7 km easy run	8 km easy run
<b>Tuesday</b>	2.5 km warm up, 6.5 km slow jog, 1.5 km recovery run	2.5 km warm up, 7 km interval session with 5 x 400m off 1min standing/walk recovery, 1.5 km recovery run	2.5 km warm up, 5 km interval session of 12 x 400m reps (1min recovery) 1.5 km recovery run	2.5 km warm up, 5 km run at 10k pace, 1.5 km recovery run
<b>Wednesday</b>	 Rest	 Rest	 Rest	 Rest
<b>Thursday</b>	8 km recovery run	8 km recovery run	8 km recovery run	5.5 km recovery run
<b>Friday</b>	 Rest	Optional:40mins Strength Training	 Rest	HALF MARATHON
<b>Saturday</b>	12 km Long Run	14.5 km Long Run	1hr Long Run mixed pace (20mins easy - 8 x 2mins off 2mins - 10mins easy)	 Rest

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