


INTERMEDIATE 10K PLAN

IMPORTANT TO WARM UP & COOL DOWN - HAVE A REST DAY BETWEEN RUN DAYS

 WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	
MONDAY	REST	REST	REST	REST	REST	
TUESDAY	Total Time: 30 Mins Warm Up 5 Mins Brisk Walk RUN 20 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 30 Mins Warm Up 5 Mins Brisk Walk RUN 20 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 35 Mins Warm Up 5 Mins Brisk Walk RUN 25 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 35 Mins Warm Up 5 Mins Brisk Walk RUN 25 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 40 Mins Warm Up 5 Mins Brisk Walk RUN 30 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 40 Mins Warm Up 5 Mins Brisk Walk RUN 30 Mins - Easy Cool Down 5 Mins easy walk.
WEDNESDAY	Total Time: 40 Mins Warm Up 5 Mins Brisk Walk RUN 30 Mins - Race Pace Cool Down 5 Mins easy walk.	Total Time: 40 Mins Warm Up 5 Mins Brisk Walk RUN 30 Mins - Race Pace Cool Down 5 Mins easy walk.	Total Time: 40 Mins Warm Up 5 Mins Brisk Walk RUN 30 Mins - Race Pace Cool Down 5 Mins easy walk.	Total Time: 40 Mins Warm Up 5 Mins Brisk Walk RUN 30 Mins - Race Pace Cool Down 5 Mins easy walk.	Total Time: 40 Mins Warm Up 5 Mins Brisk Walk RUN 30 Mins - Race Pace Cool Down 5 Mins easy walk.	Total Time: 40 Mins Warm Up 5 Mins Brisk Walk RUN 30 Mins - Race Pace Cool Down 5 Mins easy walk.
THURSDAY	REST	REST	REST	REST	REST	
FRIDAY	Total Time: 40 Mins Warm Up 5 minute Brisk Walk RUN 15 Mins - Race Pace RUN 5 Mins - Fast-Hard RUN 10 Mins - Easy Cool Down 5 minute easy walk.	Total Time: 40 Mins Warm Up 5 minute Brisk Walk RUN 15 Mins - Race Pace RUN 5 Mins - Fast-Hard RUN 10 Mins - Easy Cool Down 5 minute easy walk.	Total Time: 45 Mins Warm Up 5 minute Brisk Walk RUN 15 Mins - Race Pace RUN 5 Mins - Fast-Hard RUN 15 Mins - Easy Cool Down 5 minute easy walk.	Total Time: 45 Mins Warm Up 5 minute Brisk Walk RUN 15 Mins - Race Pace RUN 5 Mins - Fast-Hard RUN 15 Mins - Easy Cool Down 5 minute easy walk.	Total Time: 50 Mins Warm Up 5 minute Brisk Walk RUN 20 Mins - Race Pace RUN 5 Mins - Fast-Hard RUN 15 Mins - Easy Cool Down 5 minute easy walk.	Total Time: 50 Mins Warm Up 5 minute Brisk Walk RUN 20 Mins - Race Pace RUN 5 Mins - Fast-Hard RUN 15 Mins - Easy Cool Down 5 minute easy walk.
SATURDAY	REST	REST	REST	REST	REST	
SUNDAY	Warm Up 5 minute Brisk Walk RUN 3 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 4 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 5 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 6 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 7 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 8 Miles None Stop Cool Down 5 minute easy walk.

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12 12	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
MONDAY	REST	REST				
TUESDAY	Total Time: 45 Mins Warm Up 5 Mins Brisk Walk RUN 35 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 45 Mins Warm Up 5 Mins Brisk Walk RUN 35 Mins - Easy Cool Down 5 Mins easy walk.				
WEDNESDAY	Total Time: 40 Mins Warm Up 5 minute Brisk Walk RUN 30 Mins - Race Pace Cool Down 5 minute easy walk.	Total Time: 40 Mins Warm Up 5 minute Brisk Walk RUN 30 Mins - Race Pace Cool Down 5 minute easy walk.				
THURSDAY	REST	REST				
FRIDAY	Total Time: 40 Mins Warm Up 5 minute Brisk Walk RUN 15 Mins - Race Pace RUN 5 Mins - Fast-Hard RUN 10 Mins - Easy Cool Down 5 minute easy walk.	Total Time: 40 Mins Warm Up 5 minute Brisk Walk RUN 15 Mins - Race Pace RUN 5 Mins - Fast-Hard RUN 10 Mins - Easy Cool Down 5 minute easy walk.				
SATURDAY	REST	REST				
SUNDAY	Warm Up 5 minute Brisk Walk RUN 7 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN RACE DAY Cool Down 5 minute easy walk.				