



Intermediate 10K Training Plan

16 Weeks

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1 Base	Easy Run 5 miles easy pace	Cross Train or Rest	Easy Run 5 miles easy pace	Cross Train or Rest	Tempo 5 miles incl. 2mi steady	Cross Train or Rest	Long Run 7 miles easy pace
Week 2 Base	Easy Run 5 miles easy pace	Cross Train or Rest	Easy Run 5 miles easy pace	Cross Train or Rest	Tempo 5 miles incl. 2.5mi steady	Cross Train or Rest	Long Run 7.5 miles easy pace
Week 3 Base	Easy Run 5 miles easy pace	Cross Train or Rest	Easy Run 5 miles easy pace	Cross Train or Rest	Tempo 6 miles incl. 3mi steady	Cross Train or Rest	Long Run 8 miles easy pace
Week 4 Track	Easy Run 5 miles easy pace	Cross Train or Rest	Track 8x400m target pace +8s	Cross Train or Rest	Tempo 6 miles incl. 3mi steady	Cross Train or Rest	Long Run 8 miles easy pace
Week 5 Track	Easy Run 5 miles easy pace	Cross Train or Rest	Track 10x400m target pace +8s	Cross Train or Rest	Tempo 6 miles incl. 3mi steady	Cross Train or Rest	Long Run 8.5 miles easy pace
Week 6 Parkrun	Easy Run 4 miles easy, save energy	Cross Train or Rest	Easy Run 3 miles short and easy	Cross Train or Rest	Rest Day	Cross Train or Rest	Parkrun! 5K race check your progress!
Week 7 Build	Easy Run 6 miles easy pace	Cross Train or Rest	Track 6x800m target pace +5s	Cross Train or Rest	Tempo 6 miles incl. 3.5mi steady	Cross Train or Rest	Long Run 9 miles easy pace
Week 8 Build	Easy Run 6 miles easy pace	Cross Train or Rest	Track 7x800m target pace +5s	Cross Train or Rest	Tempo 7 miles incl. 4mi steady	Cross Train or Rest	Long Run 9.5 miles easy pace

Week 9 Build	Easy Run 6 miles easy pace	Cross Train or Rest	Track 8x800m target pace +3s	Cross Train or Rest	Tempo 7 miles incl. 4mi steady	Cross Train or Rest	Long Run 10 miles easy pace
Week 10 Parkrun	Easy Run 5 miles easy, save energy	Cross Train or Rest	Easy Run 3 miles short and easy	Cross Train or Rest	Rest Day	Cross Train or Rest	Parkrun! 5K race feeling faster?

Week 11 Speed	Easy Run 6 miles easy pace	Cross Train or Rest	Track 5x1000m at target pace	Cross Train or Rest	Tempo 7 miles incl. 4mi at tempo	Cross Train or Rest	Long Run 10 miles easy pace
Week 12 Speed	Easy Run 6 miles easy pace	Cross Train or Rest	Track 4x1200m at target pace	Cross Train or Rest	Tempo 7 miles incl. 4mi at tempo	Cross Train or Rest	Long Run 10.5 miles easy pace
Week 13 Peak	Easy Run 6 miles easy pace	Cross Train or Rest	Track 3x1600m at target pace	Cross Train or Rest	Tempo 7 miles incl. 4.5mi at tempo	Cross Train or Rest	Long Run 11 miles longest run — you're ready!
Week 14 Parkrun	Easy Run 4 miles easy, race sharpener	Cross Train or Rest	Track 6x400m race pace — stay sharp	Cross Train or Rest	Rest Day	Cross Train or Rest	Parkrun! 5K race final sharpener!
Week 15 Taper	Easy Run 4 miles easy, stay fresh	Cross Train or Rest	Easy Run 3 miles short and easy	Cross Train or Rest	Easy Run 2 miles very easy	Cross Train or Rest	Long Run 6 miles easy — save energy
Week 16 Race Week	Easy Run 2 miles light activation	Rest Day	Easy Run 2 miles short strides at end	Rest Day	Rest Day	Rest Day	Race Day! Run your 10K! You've got this!

Target Pace Guide — Find your goal time and run to these paces

Target 10K	400m reps	800m reps	1000m reps	1200m reps	1600m reps	Tempo pace	Easy pace
Sub 40:00	92-95s	3:10-3:15	3:58-4:03	4:48-4:53	6:26-6:32	4:22/km	5:10/km
Sub 45:00	104-107s	3:34-3:39	4:28-4:33	5:22-5:27	7:12-7:18	4:55/km	5:45/km
Sub 50:00	115-118s	3:58-4:03	4:58-5:03	5:58-6:03	8:00-8:06	5:28/km	6:20/km
Sub 55:00	126-130s	4:22-4:27	5:28-5:33	6:34-6:39	8:48-8:54	6:01/km	6:55/km

Sub 60:00	138-142s	4:46-4:51	5:58-6:03	7:10-7:15	9:38-9:44	6:34/km	7:30/km
Sub 70:00	160-165s	5:32-5:37	6:55-7:00	8:18-8:23	11:10-11:16	7:37/km	8:40/km
Sub 80:00	184-188s	6:20-6:25	7:55-8:00	9:32-9:37	12:46-12:52	8:45/km	9:50/km

Easy Run	Track	Tempo	Long Run	Parkrun!	Warm up 1 mile + cool down 1 mile on all track sessions · Jog recovery between reps · Parkruns at weeks 6, 10 and 14 track your progress
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