

10K Intermediate



If you are unable to begin at a 3-mile distance, refer to the 10K Novice program or the 5K program to build your endurance.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	3-mile run & strength	3-mile run	35 min. tempo	3-mile run & strength	Rest	60 min. cross-train	4-mile run
2	3-mile run & strength	3.5-mile run	8 X 400 5K pace	4-mile run & strength	Rest	60 min. cross-train	5-mile run
3	3-mile run & strength	4-mile run	40 min. tempo	3-mile run & strength	Rest	60 min. cross-train	6-mile run
4	3-mile run & strength	4.5-mile run	9 X 400 5K pace	4 mile run & strength	Rest	Rest	5K Race
5	3-mile run	5-mile run	45 min.	3-mile run	2-mile run	Rest	6-mile run
6	3-mile run & strength	5.5-mile run	10 X 400 5K pace	4-mile run & strength	Rest	60 min. cross-train	7-mile run
7	3-mile run & strength	6-mile run	50 min. tempo	4-mile run & strength	Rest	60 min. cross-train	8-mile run
8	3-mile run & strength	3-mile run	5 X 400 5K pace	1-3-mile run	Rest	Rest	10K Race