

10km training program, Intermediate. Aim to finish in sub 60 minutes

Rest on Fridays. Rest or cross train on Tuesdays, Thursdays and Sundays.

Training phases	Wk	Date	Mon + 10 min warm up & 5 min cool down	Wed	Sat	Sun
Base Training	1	4/29/2019	6x400m	4 (25)*	REST	5 (30)
	2	5/6/2019	7x400m	4.5 (27)	8 (45)	5km easy run or 40 min cross
Early Quality Training	3	5/13/2019	8x400m	5 (29)	9.5 (60)	5km easy run or 40 min cross
	4	5/20/2019	3x800m	5 (30)	REST	10 (70)
Hard work	5	5/27/2019	3x800m	5 (30)	11 (80)	5km easy run or 40 min cross
	6	6/3/2019	4x800m	5-6 (30-35)	10 (60)	5km easy run or 40 min cross
	7	6/10/2019	4x800m	5-6 (30-36)	5 (40)	13 (90)
	8	6/17/2019	4x800m	5-6 (30-36)	14 (100)	5km easy run or 50 min cross
Tempo Running	9	6/24/2019	4x800m	5 (30) TEMPO	5 (35)	10 (70)
	10	7/1/2019	6x400m	6 (35) TEMPO	16 (120)	5km easy run or 50 min cross
	11	7/8/2019	6x400m	7 (40) TEMPO	14 (100)	REST
Race	12	7/15/2019	5x400m	4 (20) TEMPO	REST	10km WRF Race

* 4 km (or 25 minutes) - do whichever comes first.