

10K INTERMEDIATE PROGRAMME

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Week 1	25min easy jog (3-5min walk in middle, if needed)	Bodyweight exercises	Rest	25min east run	As Tues.	As Mon.	Rest
Week 2	25min easy jog	Bodyweight exercises	Rest	25min jog 6 x 100m strides afterwards	As Tues.	As Mon.	Rest
Week 3	35min easy jog	Bodyweight exercises	Rest	30min easy run 6 x 100m strides afterwards	As Tues.	30min easy run	Rest
Week 4	30min easy run 6 x 100m strides afterwards	Bodyweight exercises	Rest	10-15min easy warm-up (1min fast, 90secs easy) x 6	As Tues.	35min easy run	Rest
Week 5	35min easy run 6 x 100m strides afterwards	Bodyweight exercises	Rest	10-15min easy warm-up (1min fast, 90secs easy) x 8	As Tues.	35-40min easy run	Rest
Week 6	35min easy run 6 x 100m strides afterwards	Bodyweight exercises	Rest	10-15min easy warm-up (90secs fast, 2mins easy) x 5-6	As Tues.	35-40min easy run	Rest
Week 7	40min 6 x 100m strides afterwards	Bodyweight exercises	Rest	10-15min easy warm-up (90secs fast, 2mins easy) x 5-6	As Tues.	40min easy run	Rest
Week 8	40min easy run 6 x 100m strides afterwards	Bodyweight exercises	Rest	10-15min warm-up (2mins fast, 2mins easy) x 5	As Tues.	45min easy run	Rest
Week 9	45mins easy run 6 x 100m strides afterwards	Bodyweight exercises	Rest	10-15min warm-up (2mins fast, 2mins easy) x 5	As Tues.	45min easy run	Rest
Week 10	45mins easy run 6 x 100m strides afterwards	Bodyweight exercises	Rest	10-15min warm-up (2mins fast, 90secs easy) x 6	As Tues.	50mins easy run	Rest
Week 11	50mins easy run	Bodyweight exercises	Rest	10-15min warm-up (2mins fast, 90secs easy) x 7	As Tues.	50mins easy run	Rest
Week 12	50mins easy run	Bodyweight exercises	Rest	(1min fast, 2mins easy) x 7	Rest	15 mins easy run	Rest & bed early!