

fullpotential



INTERMEDIATE 10KM PROGRAMME

This program requires a background of reasonable fitness and running. It generally consists of 4 runs each week, 1 for recovery, 2 harder sessions and a long run. You should also be conditioning your body with regular cross training, pilates or aerobics. There are elements of faster running including developing your speed endurance using threshold sessions and we will develop your 10km race pace with the longer interval training and develop your speed with shorter 5km speed intervals.

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	REST	Recovery run 25 mins	4x5 mins @ threshold with 2 mins recovery	30 mins cross training and 30 mins recovery run	REST	Hilly run 45 mins	Long Run 60 mins
2	Stretch Session 30 mins or Yoga Class	4x6 mins @ threshold with 2 mins recovery	Cross training 40 mins	Interval Training 5x2 mins at 10km pace with 1 min recovery	REST	Hilly run 30 mins working up hills	Long Run 70 mins
3	REST	Recovery run 30 mins	Threshold run 2 x 15 mins effort with 5 mins recovery	Cross training 40 mins	REST	Interval Training 6x3 mins at 10km pace with 1 min recovery	Long Run 80 mins

4	REST	Recovery run 30 mins	Threshold run 3 x 7 mins @ threshold plus 3 mins at 10km pace with 3 min recovery	Cross training 40 mins	REST	Recovery Run 30 mins	Easy Long Run 45 mins
5	REST	Threshold run 3 x 7 mins @ threshold plus 3 mins at 10km pace with 3 min recovery	Cross Training 3 x 20 mins	60 mins including 2x10 mins @ threshold with 5 mins recovery	REST	Intervals 2x2x5 mins at 10km pace with 1 and 2 mins recovery	Long Run 75 mins
6	REST	Recovery run 30 mins	60 mins including 20 mins @ Threshold	Cross Training 3 x 20 mins	REST	Intervals 6 x 3 mins at 10km pace with 2 mins recovery	Long Run 80 mins
7	REST	Threshold run 4 x 6 mins @ threshold plus 3 mins at 10km pace with 2 min recovery	Cross training 40 mins	45 min run with 15 mins @ threshold	REST	Intervals 8 x 2 mins at 10km pace with 1 min recovery	Long Run 60 mins
8	REST	Cross Training 3 x	Intervals 2x4 x 2	Recovery run 40 mins	REST	2 x 2 miles at 10km pace	Long run 80

		20 mins	mins at 5km pace with 1 and 3 min recovery			with 10 mins recovery	
9	REST	45 min run with 15 mins @ threshold	Cross Training 3 x 20 mins	Intervals 10 x 2 mins at 10k pace with 1 min recovery jog	REST	Recovery Run 25 mins	Long Run 90 mins
10	REST	Threshold run 2 x 15 mins effort with 2 mins recovery	Cross Training 3 x 20 mins	Recovery run 30 mins	REST	2 x 2 miles at 10km pace with 10 mins recovery	Long Run easy 70 mins
11	REST	Threshold run 4 x 6 mins @ threshold plus 3 mins at 10km with 2 mins recovery	Recovery run 30 mins	Cross training 60 mins	REST	Intervals 6 x 2 mins at 10km pace with 1 min recovery	Long Run easy 45 mins
12	REST	10 x 60 seconds @ 10km pace with 60 seconds recovery	Rest	2 sets: 5x30 seconds @ 5km pace with 30 seconds and 3 mins recovery	Rest	Recovery run 20 mins include 5 x 30 second pick-ups	10km Race Day