

# Training for a 10km Run – Intermediate

This guide gives a training programme for people wishing to run an organized 10 km or just as a challenge for themselves. It's suitable for you if you have already done a 10 km race or longer and would like to improve your pace and distance.

The programme works on:-

- improving your aerobic fitness and limb strength
- speed and endurance
- training a maximum of four days a week over an 8 week period

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
DAY 1	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 2	2 miles easy	2 miles easy	3 miles easy	3 miles easy	2 miles easy	2 miles easy	3 miles easy	3 miles easy
DAY 3	30 minutes tempo	30 minutes tempo	30 minutes tempo	40 minutes tempo	40 minutes tempo	50 minutes tempo	50 minutes tempo	5km race-pace run
DAY 4	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 5	30 minutes easy	30 minutes easy	30 minutes easy	30 minutes speed	30 minutes speed	30 minutes speed	30 minutes speed	3 miles easy
DAY 6	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 7	3 miles	5 miles	6 miles	7 miles	8 miles	8 miles	6 miles	10km race