

# INTERMEDIATE / ADVANCED 10 WEEK TRAINING PLAN

This 10k plan is designed for those who run regularly and are looking to progress or beat their PB. Don't forget the rest days - they're important for recovery and progression.

|         | Monday | Tuesday                  | Wednesday      | Thursday                 | Friday       | Saturday                    | Sunday                   |
|---------|--------|--------------------------|----------------|--------------------------|--------------|-----------------------------|--------------------------|
| Week 1  | Rest   | Rest                     | 40 mins steady | 40 mins tempo            | Rest         | 30 mins easy or cross train | Long run: 6 miles (10k)  |
| Week 2  | Rest   | 30 mins interval running | 40 mins steady | 30 mins tempo            | Rest         | 40 mins easy or cross train | Long run: 7 miles (11k)  |
| Week 3  | Rest   | Rest                     | 30 mins tempo  | 40 mins easy             | Rest         | 20 mins cross train         | Long run: 5 miles (8k)   |
| Week 4  | Rest   | 30 mins interval running | 40 mins steady | 40 mins tempo            | Rest         | 40 mins easy or cross train | Long run: 7 miles (11k)  |
| Week 5  | Rest   | 40 mins tempo            | 40 mins steady | 30 mins interval running | Rest         | 40 mins cross train         | Long run: 9 miles (14k)  |
| Week 6  | Rest   | 30 mins interval running | 40 mins steady | 40 mins tempo            | Rest         | 40 mins easy or cross train | Long run: 10 miles (16k) |
| Week 7  | Rest   | Rest                     | 40 mins tempo  | 30 mins easy             | Rest         | 50 mins cross train         | Long run: 6 miles (10k)  |
| Week 8  | Rest   | 30 mins interval running | 40 mins steady | 30 mins tempo            | Rest         | 50 mins easy or cross train | Long run: 9 miles (14k)  |
| Week 9  | Rest   | 40 mins tempo            | 40 mins steady | 40 mins interval running | Rest         | 40 mins cross train         | Long run: 5 miles (8k)   |
| Week 10 | Rest   | 40 mins tempo            | Rest           | Rest                     | 20 mins easy | Rest                        | Long run: 6 miles (10k)  |

If you have any concerns about your health or fitness, please speak to your doctor before you start training.

**Interval running:** Alternating fast running and slow jogging or walking.

**Tempo:** Running at a challenging pace but not sprinting.

**Cross training:** Any exercise apart from running that raises your heart rate.