



10km intermediate plan

Week 1 - Introduction to jogging

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Rest	Rest	Rest	Jog	Rest	Jog
Session Details	Aim to jog for 20mins.				Aim to walk/jog for 20mins.		Aim jog for 25mins.
Focus	Move at a pace where you could still have a conversation.				Move at a pace where you could still have a conversation.		Longer and slower than during the week. Finish with some leg stretches.

Week 2 - Building confidence

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Rest	Run	Rest	Run	Jog
Session Details		Easy 20min run.		Easy 20min run.		Easy 20min run.	Jog for 30mins.
Focus		Stay relaxed as you begin to build up training volume.		Easy pace, stay relaxed.		Easy pace, stay relaxed.	This is your 4th run this week, take it easy.

Week 3 - Extending jogging time

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Rest	Run	Rest	Rest	Run
Session Details		25min steady pace.		Interval training 15mins.			35min run.
Focus		Move at a pace where you could still have a conversation.		Alternate between running fast for 2mins and slow for 2mins.			Easy pace, stay relaxed.

Week 4 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Run	Rest	Run	Rest	Run
Session Details		25 - 30min steady pace.	26 - 30min steady pace.		26 - 30min steady pace.		40min run.
Focus		Steady pace, stay relaxed.	Try a different route, or go off-road to mix it up.		Steady pace, stay relaxed.		Stay at a steady pace and focus on the duration.

Week 5 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Run	Rest	Run	Rest	Run
Session Details		Easy 20min.	Interval training 35min.		35min steady pace.		45min run.
Focus		Easy pace, stay relaxed.	Alternate between a moderate pace for 5mins and walking for 3mins.		Steady pace, stay relaxed.		Stay at a steady pace and focus on the duration.

Week 6 - Recovery and consolidation

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Rest	Run	Rest	Rest	Run
Session Details		Easy 30min.		Easy 30min.			Easy 30min.
Focus		Easy pace, stay relaxed.		Easy pace, stay relaxed.			Try a different route, or go off-road to mix it up.

Week 7 - Stepping up a level

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Run	Rest	Run	Rest	Run	Rest	Run
Session Details	Easy 20min.		Fast 25min.		Steady 30min.		50min run.
Focus	This is your recovery run after yesterday, take it slow.		Find a pace just out of your comfort zone but still maintainable.		Steady pace, stay relaxed.		Stay at a steady pace and focus on the duration.

Week 8 - Non Stop training

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Run	Rest	Run	Rest	Run
Session Details		Steady 25min.	Interval training 45min.		Steady 25min.		50min run.
Focus		Find a pace just out of your comfort zone but still maintainable.	Alternate between a moderate pace for 5mins and walking for 3mins.		Steady pace, stay relaxed.		Take it easy for the first and last 10mins.

Week 9 - Longer Runs

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Run	Rest	Run	Rest	Run
Session Details		Hill Runs.	Easy 20min.		Steady 30min.		60min run.
Focus		Run up a fairly steep hill and walk back down, repeat 6 times.	Easy pace, stay relaxed.		Steady pace, stay relaxed.		First hour long session, keep it comfortable and jog as much as possible.

Week 10 - Longer Runs

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Run	Rest	Run	Rest	Run	Rest	Run
Session Details	Easy 20min run.		30min run.		Steady 30min.		60min run.
Focus	First back to back session - take it easy and stay relaxed.		Find an undulating route with lots of little challenges.		Easy pace, stay relaxed.		Stay at a steady pace and focus on the duration.

Week 11 - Reach your peak

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Run	Rest	Run	Rest	Run
Session Details		Interval training 45min.	Easy 30mins.		30min run.		60min run.
Focus		Alternate between a moderate pace for 5mins and walking for 3mins.	Easy pace, stay relaxed.		Steady pace, stay relaxed.		Final long run!

Week 12 - Event Week!

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Rest	Run	Rest	Run	Event Day
Session Details		Easy 30mins.		Easy 25mins.		Very easy 10mins.	Today is the day!
Focus		Easy pace, stay relaxed.		Easy pace, stay relaxed.		Very easy pace, stay relaxed.	Stay relaxed and enjoy the day. You've come so far in such a short time, well done!