

## Training Program - 10K Intermediate

**Designed for those with at least one year's running under their belt and a base of 30-40 miles per week.**

By Andy Palmer, Ph.D.

January 1, 2006

**Before beginning this program a runner should have at least one year's running under their belt. They should be doing 30-40 miles per week prior to this and they should be rested.**

Mileage should be done at under 75% and can be done down to 60% of max heart rate. The use of a monitor is highly recommended.

The program incorporates two days off per week, a speed workout every Tuesday (except those Tuesdays following a race), an anaerobic threshold workout every other week beginning in Week 5, and three races prior to the goal race. More detailed information on these workouts appears below.

All workouts are in miles, unless otherwise noted.

	Mon	Tues*	Wed	Thurs**	Fri	Sat	Sun
Week 1	5	WO	off	8	5	10	off
Week 2	5	WO	off	8	5	10	off
Week 3	5	WO	off	8	5	12	off
Week 4	5	WO	off	8	5	12	off
Week 5	5	WO	off	AT	5	13	off
Week 6	5	WO	off	5 + strides	5	race 5K	off
Week 7	5	8	off	AT	5	15	off
Week 8	5	WO	off	5 + strides	5	race 10K	off
Week 9	5	8	off	AT	5	12	off
Week 10	5	WO	off	5 + strides	5	race 5-10K	off
Week 11	5	8	off	AT	5	10	off
Week 12	5	WO	off	5 + strides	5	race	off

Remember, **none of the workouts described here is set in stone.** If it is easier for you to do a workout on a different day, feel free to switch around your days to suit you. Be sure that you don't try to do hard workouts back-to-back though, or you will risk injury.

**Don't worry about missing a workout** if you are nursing an injury, get sick, or just don't have time. If you miss a day or two, just pick up where you left off. If you have an extended break, you might want to back up a week or two.

You should do **6-8 x 100 meter strides** three times a week after running.

### Races:

Warm-up for all races the same way you would for a workout.

Run the races smart--most people go out way too hard in the early stages and slow down throughout. Even effort/pace is the way to go.

**\*Tuesday Speed Workouts:**

Warm up at least 15-20 minutes. Most of it should be easy but as the body warms up the pace can be increased so that when it is time to do the repetitions the body is ready. Jog 10-20 minutes after the completion of the repetitions to cool down.

**Week 1** = 8 x 400 @ 85-95% with 400 jog recovery (the heart rate should drop under 70%.)

**Week 2** = 5 x 800 @ 85-95% with 400 jog recovery

**Week 3** = 4 x 1200 @ 85-95% with 400 jog recovery

**Week 4** = 3 x mile @ 85-95% with 400 jog recovery

**Week 5** = 12 x 300 @ 85-95% with 100 jog recovery (Divide into 4 sets of 3 with 400 jog between sets.)

**Weeks 6, 8, 10, 12** = 12 x 200 @ 85-90% with 200 jog recovery.

**\*\*Thursday Anaerobic Threshold Workouts:**

**AT week 5** = 3 x 1 mile @ 75-85% with two minutes jog recovery

**AT week 7** = 2 x 1 and 1/2 mile @ 75-85% with three minutes jog recovery

**AT week 9** = three miles at 75-85%

**AT week 11** = 6 x 800 @ 80-90% with three minutes jog recovery

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