



RUNNING TO POWER HEART RESEARCH

10K Running training plan for intermediate

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	10 mins warm-up, 4 x 5 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog	40 mins Cross-Training + stretch	40 min Steady effort run + stretch	Rest	10 mins warm-up, 4 x 5 mins at Threshold effort undulating with 60 secs recovery, 10 mins cool down jog	75 mins easy/steady effort long run + stretch
2	Rest	10 mins warm-up, 4 x 5 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog	40 mins Cross-Training + stretch	40 min Steady effort run + stretch	Rest	10 mins warm-up, 4 x 5 mins at Threshold effort undulating with 60 secs recovery between efforts, 10 mins cool down jog	75 mins easy/steady effort long run + stretch
3	Rest	10 mins warm-up, 5 x 5 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog	45 mins Cross-Training + stretch	45 mins run including middle 15 mins at Threshold effort + stretch	Rest	10 mins warm-up, 8x2 mins at 90% effort with 60 secs recovery between efforts, 10 mins cool down	60 mins easy effort long run + stretch
4	Rest	45 min Steady run + stretch	45 mins Cross-Training + stretch	Rest	25 min easy run + stretch	2 x 2 miles at 10km pace with 6 mins jog recovery between efforts	60 mins easy effort long run + stretch
5	Rest	45 mins steady run with middle 15 mins at Threshold effort	45 mins Cross-Training	45 min easy run	Rest	10 mins warm-up, 10x2 mins at 90% effort with 60 secs recovery, 10 mins cool down	90 mins easy long run

FIGHT FOR EVERY HEARTBEAT

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	Rest	10 mins warm-up, 5 x 5 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog	45 mins Cross-Training + stretch	45 min easy run + stretch	Rest	2 x 2 miles at 10km effort with 6 mins jog recovery	90 mins easy effort long run + stretch
7	Rest	10 mins warm-up, 4 x 5 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog	Rest	30 mins easy effort run + stretch	Rest	5km Park Run	45 mins easy effort run + stretch
8	Rest	10 mins warm-up, 3 x 5 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog	Rest	30 mins easy effort run + stretch	Rest	15 mins easy run + stretch	10km Race

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