



Running training plan: 10K-Intermediate

Easy
Moderate
Hard



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 	40 mins Steady effort run 	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
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 	40 mins Steady effort run 	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
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 	45 mins run including middle 15 mins at Threshold effort 	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
4	Rest 	45 mins Steady run 	45 mins Cross-Training 	Rest 	25 mins easy run 	2 x 2 miles at 10km pace with 6 mins jog recovery between efforts 	60 mins easy effort long run

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5	Rest 	45 mins steady run with middle 15 mins at Threshold effort  	45 mins Cross-Training  	45 mins easy run  	Rest 	10 mins warm-up, 10x2 mins at 90% effort with 60 secs recovery, 10 mins cool down  	90 mins easy effort long run  
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  	45 mins easy run  	Rest 	2 x 2 miles at 10km effort with 6 mins jog recovery 	90 mins easy effort long run  
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  	Rest 	5km Park Run 	45 mins easy effort run  
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 run  	Rest 	15 mins easy run  	10K Event!

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