



Now is the time to train!

10km Fun Run & Walk Intermediate Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 6/5/19 - 12/5/19	Rest Day	35 Minutes Easy with 4 x 30 Seconds Strides	15 Minute Warm Up, 5 x 1km with 1 minute Jog Recovery, 12 Minute Cool Down	40 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 6 x 400m with 200m Float Recovery, 12 Minute Cool Down	13km Easy
2 13/5/19 - 19/5/19	Rest Day	35 Minutes Easy with 4 x 30 Seconds Strides	15 Minute Warm Up, Mona Fartlek, 12 Minute Cool Down	40 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 4 x 800m with 200m Float Recovery, 12 Minute Cool Down	13km Easy
3 20/5/19 - 26/5/19	Rest Day	40 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up, 3 x 7 Minutes at 10k Pace with 2 Minute Jog Recovery, 12 Minute Cool Down	40 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 7 x 2 Minutes On with 1 Minute Jog Recovery, 12 Minute Cool Down	14km Easy
4 27/5/19 - 2/6/19	Rest Day	30 Minutes Easy with 5 x 30 Seconds Strides	25 Minutes Easy with 5 x 30 Seconds Strides	35 Minutes Easy with 6 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 6km Tempo 12 Minute Cool Down	12km Easy

*The programs should only be used as a guide and for best results you should have any program matched specifically to your current fitness level, time availability and injury history



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5 3/6/19 - 9/6/19	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up, 7 x 300m with 100m Walk Recovery, 12 Minute Cool Down	40 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 7 x 400m with 200m Float Recovery, 12 Minute Cool Down	14km Easy
6 10/6/19 - 16/6/19	Rest Day	40 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up, 6 x 1km with 1 minute Jog Recovery, 12 Minute Cool Down	45 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 5 x 800m with 200m Float Recovery, 12 Minute Cool Down	14km Easy
7 17/6/19 - 23/6/19	Rest Day	40 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up, Mona Fartlek, 12 Minute Cool Down	45 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm, 5km Time Trial, 12 Minute Cool Down	15km Easy
8 24/6/19 - 30/6/19	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	30 Minutes Easy with 5 x 30 Seconds Strides	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 7km Tempo, 12 Minute Cool Down	13km Easy

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 1/7/19 - 7/7/19	Rest Day	40 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up, 3 x 8 Minutes at 10k Pace with 2 Minute Jog Recovery, 12 Minute Cool Down	45 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 8 x 400m with 200m Float Recovery, 12 Minute Cool Down	15km Easy
10 8/7/19 - 14/7/19	Rest Day	45 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up, 8 x 300m with 100m Walk Recovery, 12 Minute Cool Down	50 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 6 x 800m with 200m Float Recovery, 12 Minute Cool Down	16km Easy
11 15/7/19 - 21/7/19	Rest Day	45 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up, 4 x 1600m with 2 Minute Jog Recovery, 12 Minute Cool Down	55 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 9 x 2 Minutes On with 1 Minute Jog Recovery, 12 Minute Cool Down	16km Easy
12 22/7/19 - 28/7/19	Rest Day	40 Minutes Easy with 5 x 30 Seconds Strides	20 Minutes Easy with 5 x 30 Seconds Strides	40 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 8km Tempo, 12 Minute Cool Down	14km Easy

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13 29/7/19 - 4/8/19	Rest Day	45 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up, 7 x 1km with 1 minute Jog Recovery, 12 Minute Cool Down	55 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm, 5km Time Trial, 12 Minute Cool Down	16km Easy
14 5/8/19 - 11/8/19	Rest Day	45 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up, 3 x 10 Minutes at 10k Pace with 2 Minute Jog Recovery, 12 Minute Cool Down	50 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 10 x 2 Minutes On with 1 Minute Jog Recovery, 12 Minute Cool Down	17km Easy
15 12/8/19 - 18/8/19	Rest Day	40 Minutes Easy with 5 x 30 Seconds Strides	15 Minute Warm Up, Mona Fartlek, 12 Minute Cool Down	50 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	15 Minute Warm Up, 8 x 400m with 200m Float Recovery, 12 Minute Cool Down	15km Easy
16 19/8/19 - 25/8/19	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	35 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	25 Minutes Easy - 5 x 30 seconds Strides	Shepparton Running Festival - 10km Run

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