

Training Plan 10K Intermediate (km)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Run 6 km Z1-2	Run 8 km Z1-2	Run 8 km Z1-2 + Hill Sprints (2x6 sec on 5-8% grade)	Rest	Run 8 km Z1-2 + Hill Sprints (2x6 sec on 5-8% grade)	Long Run 10 km Z1-2
2	Rest	Run 8 km Z1-2	Run 6 km Z1-2, 3x100m strides	Run 10 km Z1-2 + Hill Sprints (3x6 sec on 5-8% grade)	Rest	Run 8 km Z1-2 + Hill Sprints (3x6 sec on 5-8% grade)	Long Run 11 km Z1-2
3	Rest	Run 10 km Z1-2	Run 6 km Z1-2, 3x100m strides	Run 10 km Z1-2 + Hill Sprints (4x6 sec on 5-8% grade)	Rest	Run 8 km Z1-2 + Hill Sprints (4x8 sec on 5-8% grade)	Long Run 13 km Z1-2
4	Rest	Fartlek Run 3 km Z1-2, 5x 1 min @ 5K pace, 1 min recovery, 3 km Z1-2	Run 3 km Z1-2	Run 10 km + Hill Sprints (5x6 sec on 5-8% grade)	Rest	Run 8 km Z1-2 + Hill Sprints (5x8 sec on 5-8% grade)	Long Run 14 km Z1-2, last 2 km Z3
5	Rest	Fartlek Run 3 km, 6x 45s @ 3K pace, 1:30 min recovery, 3 km Z1-2	Run 5 km Z1-2	Run 10 km + Hill Sprints (6x6 sec on 5-8% grade)	Rest	Run 8 km Z1-2 + Hill Sprints (5x8 sec on 5-8% grade)	Long Run 16 km Z1-2, last 2 km Z3
6	Rest	Run 3 km Z1-2, 10x1 min @ 5K pace, 1:45 min recovery, 3 km Z1-2	Run 5 km Z1-2	Run 10 km Z1-2 + Hill Sprints (7x6 sec on 5-8% grade)	Rest	Run 8 km Z1-2 + Hill Sprints (6x8 sec on 5-8% grade)	Fartlek Run 16 km, Z1-2, scattered Z3 (hills)
7	Rest	Run 3 km Z1-2, 12x1 min @ 5K pace, 1:45 min recovery, 3 km Z1-2	Run 5 km Z1-2	Run 10 km Z1-2 + last 3 km Z3	Rest	Run 8 km Z1-2 + Hill Sprints (7x8 sec on 5-8% grade)	Long Run 19 km Z1-2, last 5 km Z3
8	Rest	Run 3 km Z1-2, 15x1 min @ 5K pace, 1 min recovery, 3 km Z1-2	Run 8 km Z1-2	5K Time Trial (warm-up and cool-down 10 min)	Rest	Run 8 km Z1-2 + Hill Sprints (10x10 sec on 5-8% grade)	Long Run 16 km Z1-2, last 3 km Z4
9	Rest	Run 3 km Z1-2, 2 sets 8x400m @ 5K pace, recovery run between sets 10 min, 3 km Z1-2	Run 8 km Z1-2	Run 3 km Z1-2, 2x10 min @ half-marathon pace, recovery 5 min, 3 km Z1-2	Rest	Run 8 km Z1-2	Run 13 km Z1-2
10	Rest	Run 3 km Z1-2, 4 x 800m @ 5K pace, 400m jog recovery, 2 km Z1-2	Run 6 km Z1-2	Run 3 km Z1-2, 2x15 min @ half-marathon pace, recovery 10 min, 3 km Z1-2	Rest	Run 8 km Z1-2 + Hill Sprints (8x10 sec on 5-8% grade)	Long Run 18 km Z1-2, last 3 km Z3
11	Rest	Run 3 km Z1-2, 6 x 1K @ 5K pace, 400m jog recovery, 3 km Z1-2	Run 10 km Z1-2	Run 3 km Z1-2, 6 km @ half-marathon pace, 3 km Z1-2	Rest	Run 6 km Z1-2	Long Run 16 km Z1-2, last 3 km Z4
12	Rest	Run 3 km Z1-2, 4 x 1500m @ 5-10K pace, recovery 2 min, 3 km Z1-2	Run 10 km Z1-2	Rest	Run 3 km Z1-2, 2 sets 8x400m, recovery run 1 min, 4 min between sets, 3 km Z1-2	Run 8 km Z1-2	Long Run 18 km Z1-2, last 3 km Z3
13	Rest	Run 3 km Z1-2, 5x 2K @ 10K pace, 3 min recovery, 3 km Z1-2	Run 8 km Z1-2	Run 3 km Z1-2, 2x10 min @ 10K pace, recovery 3 min, 3 km Z1-2	Rest	Run 6 km Z1-2	Long Run 18 km Z1-2, last 2 km Z4
14	Rest	Run 6 km Z1-2	Rest	Run 6 km Z1-2	Rest	Run 5 km Z1-2, 3x100 m strides	<b>Time Trial / 10K race</b>

Z1-Z5 Zones Z1-Z5 from the Individual Running Diagnostic results