

Training Plan 10K Intermediate (miles)

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

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