

10KM TRAINING PLAN FOR INTERMEDIATE (10 WEEKS)

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Rest	20min Easy run	Intervals 400m x12 (2min rest)	Strength training	30min Easy run	Rest	40 min Long run
WEEK 2	Rest	20min Easy run	10min Easy + 10min Hard x 2	Strength training	30min Easy run	Rest	50 min Long run
WEEK 3	Rest	25min Easy run	30min Tempo	Strength training	20min run + 5 x 100m Sprints	Rest	50 min Long run
WEEK 4	Rest	30min Easy run	Intervals 1Km x 6 (4min rest)	Strength training	20min run + 5 x 100m Sprints	Rest	60 minLong run + Strides
WEEK 5	Rest	30min Easy run + Strides	Intervals 1Km x 8 (4min rest)	Strength training	25min run + 5 x 100m Sprints	Rest	80 minLong run + Strides
WEEK 6	Rest	40min Easy run + Strides	50min Progressive run	Strength training	30min Easy run	Rest	80 minLong run + Strides
WEEK 7	Rest	40min Easy run + Strides	Intervals 1Km x 6 (4min rest)	Strength training	30min Easy run	Rest	70 minLong run + Strides
WEEK 8	Rest	30min Easy run + Strides	50min Tempo run	Strength training	30min Easy run	Rest	50 min Long run
WEEK 9	Rest	30min Easy run + Strides	50min Tempo run	Strength training	30min Easy run	Rest	40 min Long run
WEEK 10	Rest	30min Easy run	60min Progressive	Strength training	30min Easy run	Rest	Good Luck for Race

- Always warm up and cool down for each session.
- If you feel any discomfort or pain, stop and consult a physical therapist.
- This plan is based on scientific data.
- Do not increase distance or training time by more than 10% per week.
- A time-based plan is best suited for better results.
- Always follow the 80-20 rule.

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