

A male triathlete with a beard and mustache, wearing a black and yellow athletic shirt, green sunglasses, and a black armband, is running in a desert landscape. The Great Pyramids of Giza are visible in the background under a clear sky. A race bib is pinned to his shirt, displaying the date "DEC 10TH 2022" and the number "10874".

10K INTERMEDIATE TRAINING PLAN

your step by step guide

13 week plan

10K

10K

INTERMEDIATE

WEEK one(sep)

SATURDAY 13TH

- 5min Dynamic Stretch
 - Long Run 6km
- 10min Static Stretch

SUNDAY 14TH

rest or cross-training or yoga

MONDAY 15TH

- 5min Dynamic Stretch
- Easy Run 4km (5x 100m run +100m walk)
- 10min Static Stretch

TUESDAY 16TH

rest or cross-training or yoga

WEDNESDAY 17TH

- 5min Dynamic Stretch
 - Tempo Run 4km
- 10min Static Stretch

THURSDAY 18TH

Easy Run 3km

FRIDAY 19TH

rest

TIP

*Focus on running relaxed,
don't rush into fast paces yet.*

10K

INTERMEDIATE

WEEK *two(sep)*

SATURDAY 20TH

- 5min Dynamic Stretch
 - Long Run 6km
- 10min Static Stretch

SUNDAY 21ST

rest or cross-training or yoga

MONDAY 22ND

- 5min Jog + 5min Dynamic Stretch
- Intervals (5x 800m Run Good + 200m Walk)
 - 5min Jog
- 10min Static Stretch

TUESDAY 23RD

rest or cross-training or yoga

WEDNESDAY 24TH

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 6km
- 10min Static Stretch

THURSDAY 25TH

Easy Run 5km

FRIDAY 26TH

rest

TIP

*Recovery is key, stretch
or do yoga on rest days.*

10K

INTERMEDIATE

WEEK *three(sep)*

SATURDAY 27TH

- 5min jog + 5min Dynamic Stretch
 - Easy Run 8km
 - 10min Static Stretch

SUNDAY 28TH

rest or cross-training or yoga

MONDAY 29TH

- 5min jog + 5min Dynamic Stretch
- Hill Repeats (12x 1min run + 2min jog)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 30TH

rest or cross-training or yoga

WEDNESDAY 1ST

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 7km
 - 10Min Static Stretch

THURSDAY 2ND

Easy Run 5km

FRIDAY 3RD

rest

TIP

*Improve speed & endurance
through intervals and hill repeats.*

10K

INTERMEDIATE

WEEK *four(oct)*

SATURDAY 4TH

- 5min jog + 5min dynamic stretch
 - Easy Run 10km
- 10min static stretch

SUNDAY 5TH

rest or cross-training or yoga

MONDAY 6TH

- 5min jog + 5min Dynamic Stretch
- Intervals (6x 1000m Run Good + 200m Walk)
 - 5min Jog
- 10min Static Stretch

TUESDAY 7TH

rest or cross-training or yoga

WEDNESDAY 8TH

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 7km
- 10min Static Stretch

THURSDAY 9TH

Easy Run 6km

FRIDAY 10TH

rest

TIP

*Learn to “lock into” tempo pace
steady, controlled discomfort.*

10K

INTERMEDIATE

WEEK *five(oct)*

SATURDAY 11TH

- 5min jog + 5min Dynamic Stretch
 - Long Run 12Km
 - 10min Static Stretch

SUNDAY 12TH

rest or cross-training or yoga

MONDAY 13TH

- 5Min jog + 5min Dynamic Stretch
- Hill Repeats (20*30sec Good Run + 1min Jog)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 14TH

rest or cross-training or yoga

WEDNESDAY 15TH

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 8km
 - 10min Static Stretch

THURSDAY 16TH

Easy Run 6km

FRIDAY 17TH

rest

TIP

Use your arms to power up hills and control breathing.

10K

INTERMEDIATE

WEEK *six(oct)*

SATURDAY 18TH

- 5min jog + 5min dynamic stretch
 - Easy Run 10km
 - 10min static stretch

SUNDAY 19TH

rest or cross-training or yoga

MONDAY 20TH

- 5min jog + 5min Dynamic Stretch
- Intervals (10x 800m Run Good + 200m Walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 21ST

rest or cross-training or yoga

WEDNESDAY 22ND

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 9km
 - 10min Static Stretch

THURSDAY 23RD

Easy Run 6km

FRIDAY 24TH

rest

TIP

*Practice mid-run fueling
water or small carb snacks.*

10K

INTERMEDIATE

WEEK *seven(oct)*

SATURDAY 25TH

- 5min Jog + 5min Dynamic Stretch
 - Long Run 12Km
 - 10Min Static Stretch

SUNDAY 26TH

rest or cross-training or yoga

MONDAY 27TH

- 5Min jog + 5min Dynamic Stretch
- Hill Repeats (20 x 1min fast + 2min walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 28TH

rest or cross-training or yoga

WEDNESDAY 29TH

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 7km
 - 10min Static Stretch

THURSDAY 30TH

Easy Run 7km

FRIDAY 31TH

rest

TIP

Play with speed changes learn to recover while running.

10K

INTERMEDIATE

WEEK eight(nov)

SATURDAY 1ST

- 5min jog + 5min Dynamic Stretch
 - Long Run 14Km
 - 10min Static Stretch

SUNDAY 2ND

rest or cross-training or yoga

MONDAY 3RD

- 5min jog + 5min Dynamic Stretch
- Intervals (15x 400m Run Good + 200m Walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 4TH

rest or cross-training or yoga

WEDNESDAY 5TH

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 10km
 - 10min Static Stretch

THURSDAY 6TH

Easy Run 7km

FRIDAY 7TH

rest

TIP

Quality > quantity hit your target effort, not max speed.

10K

INTERMEDIATE

WEEK *nine(nov)*

SATURDAY 8TH

- 5min jog + 5min Dynamic Stretch
 - Long Run 12km
 - 10min Static Stretch

SUNDAY 9TH

rest or cross-training or yoga

MONDAY 10TH

- 5min jog + 5min Dynamic Stretch
- Hill Repeats (15x 1min fast + 2min jog)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 11TH

rest or cross-training or yoga

WEDNESDAY 12TH

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 8km
 - 10min Static Stretch

THURSDAY 13TH

Easy Run 8km

FRIDAY 14TH

rest

TIP

Break tough workouts mentally into smaller chunks.

10K

WEEK *ten*(*nov*)

INTERMEDIATE

SATURDAY 15TH

- 5min Jog + 5min Dynamic Stretch
 - Long Run 14km
 - 10min Static Stretch

SUNDAY 16TH

rest or cross-training or yoga

MONDAY 17TH

- 5min jog + 5min Dynamic Stretch
- Intervals (8x 1000m Run Good + 200m Walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 18TH

rest or cross-training or yoga

WEDNESDAY 19TH

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 7km
 - 10min Static Stretch

THURSDAY 20TH

Easy Run 7km

FRIDAY 21TH

rest

TIP

*Practice your goal 10K pace
get familiar with how it feels.*

10K

INTERMEDIATE

WEEK eleven (nov)

SATURDAY 22ND

- 5min jog + 5min Dynamic Stretch
 - Long Run 16km
 - 10min Static Stretch

SUNDAY 23RD

rest or cross-training or yoga

MONDAY 24TH

- 5min jog + 5min Dynamic Stretch
- Hill Repeats (12x 1min fast + 2min jog)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 25TH

rest or cross-training or yoga

WEDNESDAY 26TH

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 6km
 - 10min Static Stretch

THURSDAY 27TH

Easy Run 6Km

FRIDAY 28TH

rest

TIP

Sleep and nutrition now make a big difference don't neglect them.

10K

INTERMEDIATE

WEEK *twelve(dec)*

SATURDAY 29TH

- 5min jog + 5min Dynamic Stretch
 - Long Run 10km
 - 10min Static Stretch

SUNDAY 30TH

rest or cross-training or yoga

MONDAY 1ST

- 5min jog + 5min Dynamic Stretch
- Intervals (8x 600m Run Good + 200m Walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 2ND

rest or cross-training or yoga

WEDNESDAY 3RD

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 5km
 - 10min Static Stretch

THURSDAY 4TH

Easy Run 5km

FRIDAY 5TH

rest

TIP

Trust the taper less running helps you stay sharp.

10K

INTERMEDIATE

WEEK *thirteen* (dec)

SATURDAY 6TH

- 5min jog + 5min Dynamic Stretch
 - Easy Run 5km
 - 10min Static Stretch

SUNDAY 7TH

rest or cross-training or yoga

MONDAY 8TH

- 5min jog + 5min Dynamic Stretch
- Easy Run 4km + (5x 100m run +100m walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 9TH

rest or cross-training or yoga

WEDNESDAY 10TH

- 5min jog + 5min Dynamic Stretch
 - Easy Run 3km
 - 10min Static Stretch

THURSDAY 11TH

rest or yoga

FRIDAY 12TH

rest

TIP

*Stay calm, don't over-train
save energy for race day.*

10K

INTERMEDIATE

Race day!

SATURDAY, DECEMBER 13TH

BEFORE YOUR 10K RACE

5min Jog + 10min Dynamic Stretch

AFTER YOUR 10K RACE

10min Static Stretch

Good luck!