

Intermediate Runners' Training Schedule

For runners who run 25 to 50 miles per week and expect to run the 10K between 40:00 and 48:00 for men, or 44:00 and 52:00.

All other workouts (including the long runs) should be run at an easy training pace – emphasis on "easy." Hold yourself back to a pace of about 90 seconds or 2 minutes per mile slower than your current 10K pace.

Pre-training schedule

You should be able to run this schedule for four to five weeks without much discomfort before starting the 10K program. If not, give yourself some time to build up to that level gradually, or you may risk injury.

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Pre-Train	Off	3M	5M	3M	5M	3M	5M

Guide to schedule:

- The distance in parentheses below 'fartlek' runs includes a mile each of warm-up and warm down, in addition to your fartlek sessions. For example, if it says Fartlek (4M) run 1mile warm-up, 2 miles fartlek, and 1mile warm down.
* Fartlek: is Swedish for "speed play" and consists of bursts of speed in the middle of a training run
- Whenever you see a pace denoted as 5K pace or 10K pace, this refers to the speed at which you estimate you could run a 5K or 10K on that given day.
- When you read "4-5 hills", that means you should do 4-5 repeats at 5K pace on a hill about 150 or 200 yards long. Long hills should be 400-600 yards long. If you find it too tedious to run repeats on a single hill, you can also find a route that incorporates the same number of hills, as long as the route is not very long.
- When you read the notation "4 x 880s", that means you should run four repeats of 880 yards each (two laps on the track). The pace below tells you how fast you should run them. For 880s, give yourself 2 minutes of rest between intervals; for 440s, give yourself 1-2 minutes.

The schedule

The schedule peaks at about 35 miles per week.

Week	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
1	Off	3M	Fartlek 5M	3M	6M	3M	6M
2	Off	4M	Fartlek (5M)	4M	5M	4M	7M
3	Off	4M	5-6 hills 5K-10K pace	4M	6M	3M	8M
4	Off	5M	6 x 440s 5K pace	4M	6M	3M	9M
5	Off	5M	4-5 long hills 5K-10K pace	4M	6M	3M	5K race (Or 7M)
6	Off	5M	5 x 880s 5K-10K pace	5M	7M	3M	8M
7	Off	5M	5-6 long hills 5K-10K pace	4M	7M	4M	10M
8	Off	5M	8 x 440s 5K pace	4M	7M	4M	10K Race (Or 8M)
9	Off	5M	7 x 880s 5K-10K pace	4M	7M	4M	8M
10	Off	4 x Mile 5K-10K pace	5M	5M	5 x Fast 440s 5K minus 10 secs	4M	8M
11	Off	8 x 440s 5K pace	5M	5M	4 x Fast 880s 5K minus 10 secs	3M	5M
12	Off	6 x 440s 5K pace	5M	3M	Off	4M	Race Day