



Five Week Intermediate 10km Program

WEEK ONE – September 28		
Day	Set AM	Set PM
Mon	Run Set- 30mins: 30min easy jog	OFF
Tue	Run Set- 30mins: 10min easy jog + 15min as 2min accelerating speed + 3min easy jog + 5min power walk	OFF
Wed	OFF	OFF
Thur		Run Set- 40mins: 10mins easy jog + 20mins steady pace at 80-85% + 10mins easy jog
Fri	30mins easy swim/row/ride/power walk	OFF
Sat	Run Set- 10km 3km easy jog + 5km hard run at 80-85% + 2km easy jog	OFF
Sun	Run Set- 50mins: 50min easy jog including 5 hill repeats (approx. 200m) at 80% & recover down the hill	OFF

WEEK TWO – October 5		
Day	Set AM	Set PM
Mon	OFF	Run Set- 30mins: 30min easy jog
Tue	Run Set- 60mins: 60min easy jog	OFF
Wed	OFF	30mins easy swim/row/ride/power walk
Thur	OFF	Run Set- 45mins: 60min easy jog in undulating hills
Fri	Run Set- 12km 3km easy jog + 7km hard run at 80-85% + 2km easy jog	OFF
Sat	Run Set- 60mins: 20min easy jog + 30min as 3min accelerating speed + 2min easy jog + 10min easy jog	OFF
Sun	OFF	OFF

WEEK THREE – October 12		
Day	Set AM	Set PM
Mon	Run Set- 30mins: 30min easy jog	30mins easy swim/row/ride/power walk
Tue	Run Set- 60mins: 60min easy jog in the undulating hills	OFF
Wed	OFF	30mins easy swim/row/ride/power walk
Thur	OFF	Run Set- 75mins: 20mins easy jog + 15 sets of 1min high cadence at 80-85% + 2min easy jog + 10mins easy jog
Fri	OFF	OFF
Sat	Run Set- 15km 3km easy jog + 10km hard run at 80-85% + 2km easy jog	OFF
Sun	Run Set- 60mins 60min easy jog including 8 hill repeats (approx. 200m) at 80% & recover down the hill	OFF

WEEK FOUR – October 19

Day	Set AM	Set PM
Mon	OFF	OFF
Tue	Run Set- 60mins: 60min easy jog in the undulating hills	30mins easy swim/row/ride/power walk
Wed	Run Set- 45mins: 10min easy jog + 10 sets of 1min tempo at 85% + 2min easy jog + 5mins easy jog	Run Set- 30mins: 30min easy jog
Thur	OFF	30mins easy swim/row/ride/power walk
Fri	Run Set- 60mins: 60min easy jog on soft surface such as grass oval, trail or sand including 10 sets of 45sec accelerating speed + 45sec easy jog	OFF
Sat	OFF	Run Set- 60mins 10min easy jog + 8 sets of 3mins hard at 85-90% + 2mins easy jog + 10mins easy jog
Sun	Run Set- 15km 2km easy jog + 6 sets of 1.5km hard run at 80-85% + 500m easy jog + 1km easy power walk	OFF

WEEK FIVE – October 26

Day	Set AM	Set PM
Mon	OFF	OFF
Tue	Run Set- 17km: 4km easy jog + 10km hard run @ 80-85% hold pace for the whole 10km + 3km easy jog	OFF
Wed	Run Set- 45mins: 10min easy jog + 10 sets of 1min tempo at 85% + 2min easy jog + 5mins easy jog	30mins easy swim/row/ride/power walk
Thur	OFF	Run Set- 60mins: 60min easy jog
Fri	OFF	OFF
Sat	Race Prep Run Set- 30mins: 10min easy jog + 10 sets of 30sec accelerating speed + 30sec easy jog 10min easy jog	OFF
Sun	Lara Fun Run- 10km Warm up with a 20min easy jog and include 5 short sprints (50m) accelerating speed with jog back recovery Cool down with a 10min easy jog	OFF