

# River Run 10km intermediate training program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 from 4 <sup>th</sup> of January	rest	4x1min hard, same recovery +10 warm up & cool down	25 min easy run	25 min easy run	rest	25 min easy run	40 min easy run
2 from 11 <sup>th</sup> of January	rest	4x2min hard, same recovery +10 warm up & Cool down	25 min easy run	25 min run include 4xhill repeats	rest	25 min easy run	45 min easy run
3 from 18 <sup>th</sup> of January	rest	2x90, 4x60, 4x30, 4x15seconds same recovery + 10 warm up& cool down	25 min easy run	25 min run include 4xhill repeats	rest	25 min easy run	50 min easy run
4 from 25 <sup>th</sup> of January	rest	2x90,4x60,4x30, 4x15seconds same recovery +10 warm up & Cool down	25 min easy run	30 min run include 6xhill repeats	rest	25 min easy run	55 min easy run
5 from 1 <sup>st</sup> of February	rest	2x90,4x60,4x30, 4x15seconds Same recovery +10 warm up& cool down	25 min easy run	30 min run include 6xhill repeats	rest	25 min easy run	60 min easy run
6 from 15of February	rest	4x60, 4x30seconds same recovery +10 warm up& cool down	25 min easy run	25 mins run include 4xhill repeats	rest	25 min easy run	40 min easy run
7 Race Week	rest	4x30 seconds same recovery +10 warm up & cool down	25 min easy run	25 min easy run	20 min easy run	rest	Stay relaxed and don't go out to hard! ENJOY

Make sure you do some stretches before and after training sessions, its best to do some dynamic stretches before and some static stretches after sessions.