

Lara Fun Run

Intermediate 10km Program



By GPC Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	30mins easy jog on trail if possible	30mins Easy Cross Training: swim, cycle, row or power walk	Day Off	30min Pace Set: 5mins easy + 20mins as 1min hard pace + 1min easy pace + 5mins easy	30mins Easy Cross Training: swim, cycle, row or power walk	Day Off	30mins easy jog incl. some hills
Week 2	45mins Easy Cross Training: swim, cycle, row or power walk	30mins easy jog on trail if possible	Day Off	40min Pace Set: 5mins easy + 30mins as 1min steady pace + 1min easy pace + 5mins easy	45mins Easy Cross Training: swim, cycle, row or power walk	Day Off	45min Hill Reps Set: 45min easy jog incl. 6 sets of 200 hill or stair reps work up & down hill
Week 3	60mins Easy Cross Training: swim, cycle, row or power walk	40mins easy jog on trail if possible	40min Pace Set: 5mins easy + 30mins as 2min hard pace + 1min easy pace + 5mins easy	Day Off	45mins easy jog on trail	60mins Easy Cross Training: swim, cycle, row or power walk	8km Pace Set: 2km easy jog + 4km hard pace + 2km easy jog
Week 4	45min easy jog on trail	Day Off	60mins Easy Cross Training: swim, cycle, row or power walk	45min Hill Reps Set: 45min easy jog incl. 6 sets of 200 hill or stair reps + work the down the hill	Day Off	5km Parkrun or Time Trial: Warm Up is 10-15mins easy jog with 5 10sec accelerating efforts. Cool Down is 5mins easy jog	60mins Easy Cross Training: swim, cycle, row or power walk
Week 5	Day Off	60mins easy jog	10km Pace Set: 3km easy jog + 5km steady to hard pace + 2km easy jog	Day Off	5km Pace Set: Warm Up is 2km easy jog. 2km as 30sec max + 90sec easy. Cool Down is 1km easy jog	60mins Easy Cross Training: swim, cycle, row or power walk	12km easy jog on trail
Week 6	30mins Easy Cross Training: swim, cycle, row or power walk	12km Pace Set: 3km easy jog + 7km steady to hard pace + 2km easy jog	Day Off	30min easy jog	Day Off	Race Prep: 30mins easy jog incl. 10 sets of 100m accelerating pace + walk back recovery	Race Day: Warm Up is 10-15mins easy jog with 5 10sec accelerating efforts.