

10K ★★ INTERMEDIATE 8-WEEK TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Intervals: 20 min Warm-Up, 10 × (100 m Hard, 1 min Stand), 20 min Cool-Down	Strength Training	Easy Run: 45 min	Intervals: 20 min Warm-Up, 2 × (5 min @ HMP, 2 min @ Walk), 20 min Cool-Down	Easy Run & Strides: 30 min, 4 × Strides	Long Run: 8 km Long Run
WEEK 2	Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Intervals: 20 min Warm-Up, 10 × (200 m Hard, 1 min Stand), 20 min Cool-Down	Strength Training	Easy Run: 8 km	Intervals: 20 min Warm-Up, 2 × (7 min @ HMP, 3 min @ Jog), 20 min Cool-Down	Easy Run & Strides: 30 min, 4 × Strides	Long Run: 10 km Long Run
WEEK 3	Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Intervals: 20 min Warm-Up, 12 × (300 m Hard, 1 min Stand), 20 min Cool-Down	Strength Training	Easy Run: 10 km	Intervals: 20 min Warm-Up, 2 × (10 min @ HMP, 5 min @ Jog), 20 min Cool-Down	Easy Run & Strides: 45 min, 4 × Strides	Long Run: 12 km Long Run
WEEK 4	Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Intervals: 20 min Warm-Up, 10 × (500 m @ RP, 1 min Walk), 20 min Cool-Down	Strength Training	Easy Run: 10 km	Intervals: 20 min Warm-Up, 4 × (1 km @ RP, 1 km @ Jog), 20 min Cool-Down	Easy Run & Strides: 45 min, 4 × Strides	Long Run: 14 km Long Run incl. 2 km @ RP
WEEK 5	Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Intervals: 20 min Warm-Up, 4 × (500 m @ RP, 1 min Walk, 1 km @ RP, 1 min Walk), 20 min Cool-Down	Strength Training	Easy Run: 10 km	Intervals: 20 min Warm-Up, 6 × (1 km @ RP, 1 km @ Jog), 20 min Cool-Down	Easy Run & Strides: 45 min, 4 × Strides	Long Run: 14 km Long Run incl. 3 km @ RP
WEEK 6	Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Intervals: 20 min Warm-Up, 5 × (500 m @ RP, 1 min Walk, 1 km @ RP, 1 min Walk), 20 min Cool-Down	Strength Training	Easy Run: 10 km	Intervals: 20 min Warm-Up, 7 × (1 km @ RP, 1 km @ MP), 20 min Cool-Down	Easy Run & Strides: 45 min, 4 × Strides	Long Run: 14 km Long Run incl. 5 km @ RP
WEEK 7	Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Intervals: 20 min Warm-Up, 10 × (800 m @ RP, 1 min Walk), 20 min Cool-Down	Strength Training	Easy Run: 10 km	Tempo: 20 min Warm-Up, 7 km @ RP, 20 min Cool-Down	Easy Run & Strides: 45 min, 4 × Strides	Long Run: 14 km Long Run
RACE WEEK 8	Recovery: Yoga, Stretching, Mobility, Massage, Foam Rolling &/or Active Recovery	Intervals: 20 min Warm-Up, 10 × (400 m Hard, 1 min Stand), 20 min Cool-Down	Strength Training	Easy Run: 8 km	Intervals: 20 min Warm-Up, 8 × (200 m Hard, 100 m Easy), 20 min Cool-Down	Easy Run & Strides: 20 min, 4 × Strides	RACE DAY

HMP: Current Half Marathon Pace
MP: Current Marathon Pace

RP: Target Race Pace

Easy Effort: Able to speak full sentences with ease.

Mod (Moderate) Effort: Need breath after each sentence/phrase.

Hard Effort: Only able to speak short phrases.

Max (Maximum) Effort: Only able to speak 0-2 word(s).