



10km Intermediate Plan

RUN
things



Disclaimer

This training plan is designed for people who are in good general health. It assumes you do not have any long-standing injuries, illnesses or medical conditions. If you do or you are pregnant, you should consult a suitable medical professional before starting the plan.

Who is this plan for?

This training plan is designed for people who are looking to improve their 10km time or who may be new to 10km but have quite a lot of running experience.

How the plan works

This training plan has been designed to be flexible. Although the sessions are scheduled on certain days, you can adapt the plan each week to fit in with your schedule. Any of the sessions can be moved to a different day. There's one important rule to remember: you should not do 3 or more runs on 3 or more consecutive days.

Warming up and cooling down

'Easy' sessions, 'steady' sessions and 'variable' sessions do not require a warm up or cool down because they're low intensity. For intervals, time trials and race pace, you should do a fast walk or slow jog for 5 minutes before and after the main session.

Definitions

Here's some more information on the main session types in the plan:

Easy

This is low effort – maximum 6/10 and simply plodding along.

Steady

This is medium effort – about 7/10. You should feel a little challenged but will finish feeling like you could have gone faster.

Variable

This is a session where the efforts or paces are varied throughout the run and are prescribed within the session.

Race pace

Practicing your race-day pace. Warm up and cool down needed.

Intervals

Mixed speed. High intensity (hard effort) for either a duration or a distance, followed by a period of rest. These are repeated a specific number of times. Warm up and cool down needed.

Time trial

A hard effort with consistent pace. The distance will be outlined on the plan and you should finish feeling like you couldn't have given any more. Warm up and cool down needed.

Cross training

This is being active in other areas – not running. Swimming, cycling, yoga or gym/strength and conditioning are recommended.



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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Easy run <ul style="list-style-type: none"> • Target: recovery • Effort: 6/10 • Duration: 30 minutes 	Rest or cross training	Time trial <ul style="list-style-type: none"> • Target: 5km (record time) • Effort: 9/10 • Duration: speed dependent 	Rest	Cross training	Rest	Steady run <ul style="list-style-type: none"> • Target: consistency • Effort: 7/10 • Duration: 45 minutes
Week 2	Easy run <ul style="list-style-type: none"> • Target: recovery • Effort: 6/10 • Duration: 30 minutes 	Rest or cross training	Intervals <ul style="list-style-type: none"> • Reps no: 6 • Reps time: 2 minutes • Rest: 1 minute • Effort: 9/10 	Rest	Cross training	Rest or cross training	Variable run <ul style="list-style-type: none"> • Target: 1km (0.5 miles) easy, 4km (2.5 miles) hard, 2km (1.5 miles) easy • Effort: variable • Duration: speed dependent
Week 3	Easy run Target: recovery Effort: 6/10 Duration: 35 minutes	Rest or cross training	Intervals Reps no: 4 Reps time: 3 minutes Rest: 1 minute Effort: 9/10	Rest	Cross training	Rest or cross training	Steady run <ul style="list-style-type: none"> • Target: consistency • Effort: 7/10 • Duration: 45 minutes
Week 4	Easy run <ul style="list-style-type: none"> • Target: recovery • Effort: 6/10 • Duration: 35 minutes 	Rest or cross training	Race pace <ul style="list-style-type: none"> • Target: consistency and planning • Effort: 8/10 • Duration: 30 minutes 	Rest	Easy run <ul style="list-style-type: none"> • Target: recovery • Effort: 6/10 • Duration: 30 minutes 	Rest or cross training	Steady run <ul style="list-style-type: none"> • Target: 8km/5 miles • Effort: 7/10 • Duration: Speed dependent
Week 5	Easy run <ul style="list-style-type: none"> • Target: recovery • Effort: 6/10 • Duration: 40 minutes 	Rest or cross training	Time trial <ul style="list-style-type: none"> • Target: 5km (record time) • Effort: 9/10 • Duration: speed dependent 	Rest	Easy run <ul style="list-style-type: none"> • Target: recovery • Effort: 6/10 • Duration: 30 minutes 	Rest or cross training	Variable run <ul style="list-style-type: none"> • Target: 1.5km (1 mile) easy, 5km (3 miles) hard, 1.5km (1 mile) easy • Effort: variable • Duration: speed dependent

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Week 6	Easy run <ul style="list-style-type: none"> • Target: recovery • Effort: 6/10 • Duration: 40 minutes 	Rest or cross training	Intervals <ul style="list-style-type: none"> • Reps no: 5 • Reps time: 3 minutes • Rest: 1 minute • Effort: 9/10 	Rest	Steady run <ul style="list-style-type: none"> • Target: consistency • Effort: 7/10 • Duration: 30 minutes 	Rest or cross training	Steady run <ul style="list-style-type: none"> • Target: consistency • Effort: 7/10 • Duration: 50 minutes
Week 7	Easy run <ul style="list-style-type: none"> • Target: recovery • Effort: 6/10 • Duration: 45 minutes 	Rest or cross training	Intervals <ul style="list-style-type: none"> • Reps no: 5 • Reps time: 4 minutes • Rest: 2 minutes • Effort: 9/10 	Rest	Variable run <ul style="list-style-type: none"> • Target: 1km easy, 5km race pace, 2km easy • Effort: variable • Duration: speed dependent 	Rest or cross training	Steady run <ul style="list-style-type: none"> • Target: 10km/6.25 miles • Effort: 7/10 • Duration: speed dependent
Week 8	Easy run <ul style="list-style-type: none"> • Target: recovery • Effort: 6/10 • Duration: 45 minutes 	Rest or cross training	Race pace <ul style="list-style-type: none"> • Target: consistency and planning • Effort: 8/10 • Duration: 30 minutes 	Rest	Steady run <ul style="list-style-type: none"> • Target: consistency • Effort: 7/10 • Duration: 30 minutes 	Rest or cross training	Race pace <ul style="list-style-type: none"> • Target: 8km/5 miles • Effort: 8/10 • Duration: speed dependent
Week 9	Easy run <ul style="list-style-type: none"> • Target: recovery • Effort: 6/10 • Duration: 45 minutes 	Rest or cross training	Time trial <ul style="list-style-type: none"> • Target: 5km (record time) • Effort: 9/10 • Duration: speed dependent 	Rest	Steady run <ul style="list-style-type: none"> • Target: consistency • Effort: 7/10 • Duration: 30 minutes 	Rest or cross training	Variable run <ul style="list-style-type: none"> • Target: 1km easy, 5km race pace, 2km easy • Effort: variable • Duration: speed dependent

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Week 10	Easy run <ul style="list-style-type: none"> • Target: recovery • Effort: 6/10 • Duration: 45 minutes 	Rest or cross training	Intervals <ul style="list-style-type: none"> • Reps no: 6 • Reps time: 3 minutes • Rest: 1 minute • Effort: 9/10 	Rest	Steady run <ul style="list-style-type: none"> • Target: consistency • Effort: 7/10 • Duration: 30 minutes 	Rest or cross training	Steady run <ul style="list-style-type: none"> • Target: 11km/7 miles • Effort: 7/10 • Duration: speed dependent
Week 11	Easy run <ul style="list-style-type: none"> • Target: recovery • Effort: 6/10 • Duration: 45 minutes 	Rest or cross training	Race pace <ul style="list-style-type: none"> • Target: event preparation • Effort: 8/10 • Duration: 30 minutes 	Rest	Rest	Rest	Steady run <ul style="list-style-type: none"> • Target: 8km/5 miles • Effort: 7/10 • Duration: speed dependent
Week 12	Easy run <ul style="list-style-type: none"> • Target: recovery • Effort: 6/10 • Duration: 30 minutes 	Rest	Rest	Rest	Easy run <ul style="list-style-type: none"> • Target: Recovery • Effort: 6/10 • Duration: 15 minutes 	Rest	Race day

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