

Intermediate 10K Training Guide

Welcome to Leggit's 10K Training Programme for Intermediate runners.

Our Intermediate 10K Training Programme aims to help you to run 10K within 45 minutes. If you are already familiar with running a 10K distance, either competitively in races or events or just as part of your regular training schedule; this could be the perfect way to give yourself a new challenge and make sure that you stay focused and continue to progress and see results.

The Leggit Intermediate 10K Training Programme will teach you running techniques to help you improve your running speed and stamina in a period of just 8 weeks.

Now all that's left for you to do... is to get started!!

The Leggit training guides are written and recommended by qualified personal trainers. If you have any enquiries regarding this, or any other programmes featured on leggit.co.uk, please email us at training@leggit.co.uk and mark your email as high importance.

This programme was written by Pete Morton of Summit Personal Training, Bristol. REPs Number R0031850

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1		75sec Hard 2mins Easy x10		20 min Tempo Run*			5miles Easy Pace
2		2mins Hard 2mins Easy x7		20 min Tempo Run*			6miles Easy Pace
3		3mins Hard 3mins Easy x5		30 min Tempo Run*			7 miles Easy Pace

*A Tempo run = 1st Quarter - Easy Pace / 2nd Quarter - Medium Pace / 3rd Quarter - Medium-Hard Pace / 4th Quarter - Hard Pace.

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
4		90sec Hard 1min Easy x10		30 min Tempo Run*			8 miles Easy Pace
5		90sec Hard 1min Easy x10		40 min Tempo Run*			8 miles Easy Pace
6		3min Hard 2min Easy x6		40 min Tempo Run*			9 miles Easy Pace

*A Tempo run = 1st Quarter - Easy Pace / 2nd Quarter - Medium Pace / 3rd Quarter - Medium-Hard Pace / 4th Quarter - Hard Pace.

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
7		90sec Hard 1min Easy x10		30 min Tempo Run*			7 miles Easy Pace
8		4-5miles Easy Pace		Rest			10K RACE!

*A Tempo run = 1st Quarter - Easy Pace / 2nd Quarter - Medium Pace / 3rd Quarter - Medium-Hard Pace / 4th Quarter - Hard Pace.