# Intermediate 10k Training Program

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 1 7/12/2021 | Run 3 miles | 10x60s fast/60s slow jog. | Run 3 miles | Run 3 miles | Rest | 35minute cross train | Run 4 miles |
| 2 7/19/2021 | Run 3 miles | 8x2min fast/2min slow jog. | Run 4 miles | Run 3 miles | Rest | 40 minute cross train | Run 5 miles |
| 3 7/26/2021 | Run 3 miles | 35 min tempo run | Run 5 miles | Run 4 miles | Rest | 40 minute cross train | Run 5 miles |
| 4 8/2/2021 | Run 3.5 miles | 40 min tempo run | Run 5 miles | Run 4 miles | Rest | 50 minute cross train | Run 6 miles |
| 5 8/9/2021 | Run 3.5 miles | 45 min tempo run | Run 5.5 miles | Run 4.5 miles | Rest | 50 minute cross train | Run 6 miles |
| 6 8/16/2021 | Run 3.5 miles | 10x4 min fast/2min slow jog. | Run 5.5 miles | Run 4.5 miles | Rest | 60 minute cross train | Run 7 miles |
| 7 8/23/2021 | Run 4 miles | 50minute tempo run | Run 6 miles | Run 5 miles | Rest | 60 minute cross train | Run 7 miles |
| 8 8/30/2021 | Run 4 miles | 10x4 min fast/2min slow jog. | Run 6 miles | Run 5 miles | Rest | 60 minute cross train | Run 8 miles |
| 9 9/6/2021 | Run 4 miles | 10x4 min fast/1min slow jog. | Run 5 miles | Run 3 miles | Rest | 60 minute cross train | Run 8 miles |
| 10 9/13/21 | Run 3 miles | Light 3 miles | Light 3 miles | Rest | AFM 10k Race Day | | |

*Cross training can be or a combination of bicycling, elliptical, strength training, swimming etc.

*Warm up and cool down in addition in addition to the workout. ~ .5 - 1 mile.

*Tempo runs start at an easy pace and gradually increase in speed about 10-15 seconds per mile.

**AIR FORCE MARATHON**