



## INTERMEDIATE 10K TRAINING PROGRAM

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 7/10/2023	Run 3 miles	10x60s fast/60s slow jog	Run 3 miles	Run 3 miles	Rest	35minute cross train	Run 4 miles
2 7/17/2023	Run 3 miles	8x2min fast/2min slow jog.	Run 4 miles	Run 3 miles	Rest	40 minute cross train	Run 5 miles
1 7/24/2023	Run 3 miles	35 min tempo run	Run 5 miles	Run 4 miles	Rest	40 minute cross train	Run 5 miles
2 7/31/2023	Run 3.5 miles	40 min tempo run	Run 5 miles	Run 4 miles	Rest	50 minute cross train	Run 6 miles
3 8/7/2023	Run 3.5 miles	45 min tempo run	Run 5.5 miles	Run 4.5 miles	Rest	50 minute cross train	Run 6 miles
4 8/14/2023	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
5 8/21/2023	Run 4 miles	50minute tempo run	Run 6 miles	Run 5 miles	Rest	60 minute cross train	Run 7 miles
6 8/28/2023	Run 4 miles	10x4 min fast/2min slow jog	Run 6 miles	Run 5 miles	Rest	60 minute cross train	Run 8 miles
7 9/4/2023	Run 4 miles	10x4 min fast/1min slow jog.	Run 5 miles	Run 3 miles	Rest	60 minute cross train	Run 8 miles
8 9/11/2023	Run 4 miles	Run 3 miles	Light 3 miles	Light 3 miles	Rest or 15 minute light jog	AFM 10k Race Day	