



## INTERMEDIATE 10K PROGRAM

This programme is for you if you have already done a race of 10km (6 miles) or longer and would like to improve your time. It uses long runs so you can be confident you'll be able to cover the distance, and tempo and speed work to increase your pace.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Rest	Strength training	20 mins tempo run RPE 7	Rest	30 mins RPE 6	Rest	Long run 3 miles
<b>Week 2</b>	Rest	Strength training	30 mins interval sessions. RPE 7-8	Rest	30 mins RPE 6	Rest	Long run 3 miles
<b>Week 3</b>	Rest	Strength training	30 mins tempo running RPE 7	Rest	40 mins RPE 6	Rest	Long run 4 miles
<b>Week 4</b>	Rest	Strength training	30 mins interval Run	Rest	50 mins RPE 6	Rest	Long run 4 miles
<b>Week 5</b>	Rest	Strength training	30 mins tempo running RPE 7-8	Rest	50 mins RPE 6	Rest	Long run 5 miles
<b>Week 6</b>	Rest	Strength training	30 mins interval training	Rest	60 mins RPE	Rest	Long run 5 miles
<b>Week 7</b>	Rest	Strength training	40 mins tempo running RPE 8	Rest	40 mins RPE 7	Rest	Long run 6 miles
<b>Week 8</b>	Rest	Strength training	40 mins tempo running RPE 8	Rest	40 mins RPE 7	Rest	Long run 6 miles
<b>Week 9</b>	Rest	Strength training	40 mins interval	Rest	30 mins RPE 8	Rest	Long run 7 miles
<b>Week 10</b>	Rest	Strength training	40 mins tempo running RPE 8	Rest	30 mins RPE 8	Rest	Long run 8 miles
<b>Week 11</b>	Rest	Strength training	40 mins tempo running RPE 7	Rest	3 miles RPE 7-8	Rest	Long run 8 miles
<b>Week 12</b>	Rest	Strength training	5 KM steady	Rest	3 miles RPE 6	Rest	RACE DAY 10KM

# What is RPE (rate of perceived exertion)?

The **RPE** scale is used to measure the intensity of your exercise. The **RPE** scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. Below is the **RPE** Scale.

## Running Rate of Perceived Exertion (RPE) KEY

RPE 2	Recovery	Active Recovery
RPE 4	Easy	Warm up/Cool down
RPE 6	Easy-Moderate	TR Endurance
RPE 7	Moderate	TR Sustained Power
RPE 8	Moderate-Hard	TR Threshold
RPE 9	Hard	TR VO2max
RPE 10	All-Out	TR High Power
RPE N/A	Sprint	TR Burst Power

## Types of training

All the training programmes involve long runs and light / moderate (recovery) runs, and some also include faster runs (tempo and speed).

### Steady runs

These runs should be at a slightly challenging pace with an effort level of six to seven. You should be able to hold a conversation, but find it difficult. This will become your race pace and be used for your long runs. It will increase your distance and build up your aerobic fitness, efficiency and endurance.

### Tempo runs

Constant speed running is sometimes referred to as tempo running. This improves your running pace.

Although the true definition of tempo running varies, aim to run at a constant speed that feels 'comfortably hard'. This should be about an 8 on the effort scale. Stick to about 15 to 20 minutes at this pace and always include warming up and cooling down as follows:

- **30 mins total:**
  - 5 mins warm up (effort level 5)
  - 20 mins tempo running (effort level 8)
  - 5 mins cool down (effort level 3–4)
- **40 mins total:**
  - 4 mins warm up (effort level 5)
  - 15 mins tempo running (effort level 8)
  - 3 mins easy jog (effort level 5)
  - 15 mins tempo running (effort level 8)
  - 3 mins cool down (effort level 3–4)
- **50 mins total:**
  - 5 mins warm up (effort level 5)
  - 20 mins tempo running (effort level 8)
  - 5 mins easy jog (effort level 5)
  - 15 mins tempo running (effort level 8)
  - 5 mins cool down (effort level 3–4)

### Interval training

Training with intervals builds your aerobic fitness, strength and speed. Interval training involves running fast (but not sprinting), over a set distance or time, at an effort level of 9. Follow each hard interval with an easy one of at least the same length, then repeat. Try using a treadmill or running track to help you get the distances and times right.

As you go through your training programme, try filling the recommended time with these sequences:

- **Starting interval training:**
  - 30 secs running (effort level 9)
  - 2 mins easy jog/walk (effort level 5)
- **Hitting your stride (from week 8):**
  - 1 min running (effort level 9)
  - 2 mins easy jog/walk (effort level 5)
- **Closer to race day (from week 12), try short/fast intervals and longer/slower ones, eg:**
  - 30 secs sprinting (effort level 10)
  - 90 secs easy jog / walk (effort level 5) (repeat x 5)
  - 3 mins running (effort level 9)
  - 4 mins easy jog / walk (effort level 5) (repeat x 2/3)
  - 30 secs sprinting (effort level 10)
  - 90 secs easy jog / walk (effort level 5) (repeat x 2/3)

*Real people. Real results.*