

Running Types

Interval Training or Speed Work:

This is an anaerobic workout, running at a faster pace than your race pace. If for example you run 10K at an average of six minutes a mile then this speed work will be done in a pace between 5:15 and 5:45 per mile. An interval session could be 3 times one mile at 5:40 pace with a rest in between of 5 minutes in a very slow jog, allowing your body to recover before the next hard mile. This type of workout lets your body learn to run fast. It recruits fast twitch muscle fibers that do not get used in long distance runs.

If there is no track available where you live I would suggest running 6 minutes hard then 5 minutes very easy (a jog). Repeat this three times. These longer interval runs, work well in increasing your VO2 max; the amount of oxygen your body uses that it takes in. If you can increase your VO2 max you will be able to run further at a faster pace.

Tempo Runs:

Tempo runs are done at a pace close to, but never exceeding, your lactate threshold. Your lactate threshold is the fastest pace running that you can maintain for a fairly long period of time (around 20 minutes) without accumulating lactic acid. You can increase your lactate threshold through tempo runs.

You should run between 4 and 6 miles at 20 to 30 seconds slower than your race pace. I recommend finding a nice quiet road that has some hills and some flat sections. The change of terrain will stress different muscles and will improve your running economy. These runs are the closest you will get to simulate a racing situation. Interval sessions are much faster than race pace and distance runs are much slower than a race. Tempo runs will help with your pace judgment and your running form. It is a bit of a race situation without the exhaustion you will have in your real races.

Long Distance Runs:

Long runs are usually done on Sunday mornings the day after your tempo run or interval session. This is a long aerobic run, building your aerobic base. You should do this run slower than your race pace. This run should be done at a conversational pace. If you have a training partner you will want to be able to talk to them for the entire run. You should be able to enjoy the weather, the scenery and inhaling the fresh air of the season you are in.

Easy Days:

These are 'days off', cross training or slow short runs to aid in recovery from hard days. The easy day is often overlooked but is needed to prevent injuries and illnesses that come from over training.

Fit For...

Running 10k Training Plan for Intermediate

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest or cross training, like swimming or cycling	Interval Run 3 x 1 mile 20 seconds faster than 10k pace 5 min slow jog recovery each	6-8 miles	6-8 miles 6 x 100m fast	4-5 miles	Tempo run 4-6 miles	7-14 miles
Week 2	Rest or cross training, like swimming or cycling	Interval Run 6 x 800m 20 seconds faster than 10k pace 400m jog recovery each	6-8 miles	6-8 miles 6 x 100m fast	5 miles	Tempo run 4-6 miles	7-14 miles
Week 3	Rest or 30 mins easy	Interval Run 4 x 400m fast 2 x 400m jog 3 x 400m fast 2 x 400m jog 2 x 400m fast 1 x 400m jog 1 x 400m jog	6-8 miles	6-8 miles 6 x 100m fast	5-7 miles	Tempo run 4-6 miles	7-14 miles
Week 4	20-30mins easy	Interval Run 3 x 1 mile 4-5 mins recovery each	Cross training, swimming or cycling	8 miles 6 x 100m fast	5-7 miles	Tempo run 4-6 miles	8-14 miles
Week 5	Rest	Interval Run 10 x 400m 400m jog recovery to end	3-4 miles easy	5-7 miles	Interval Run 5 x 800m at 5K pace 400m jog recovery each	60min run 4-6 miles	8-14 miles
Week 6	3 miles	Interval Run 8 x 400m 200m jog recovery each	4 miles	4 miles	Rest	3 miles	Race Day

**Remember your warm-up and cool down stretches*

**RACE
DIRECTORY**

If you are looking for a race click on the **race directory link back on the site.*