



RACEFEST

10K TRAINING PLAN Intermediate

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 2/9 - 2/15	1.5 mile run	3 miles total with 1 min "on" at a faster pace, 1 min "off" at recovery pace after mile 1 + mobility / core	2 miles easy	3 miles or 30 min of cross training	Rest	3 mile run	25 min walk / run + core
2 2/16 - 2/22	2 mile run	3 x 400 5K pace* + lower body	2 miles easy	3 miles or 30 min of cross training	Rest	3.5 mile run	30 min walk / run + mobility
3 2/23 - 3/1	2.5 mile run	10 min tempo, 8 min recovery pace, 10 min tempo + single leg 1	2.5 miles easy	3 or 30 min cross train + lower body	Rest	4 mile run	30 min walk / run + core
4 3/2 - 3/8	2.5 mile run	5 x 400 5K pace* + lower body	2.5 miles easy	3.5 or 40 min + single leg 3	Rest	4.5 mile run	20 min run + mobility
5 3/9 - 3/15	2.5 mile run	15 min tempo, 5 min recovery pace, 15 min tempo + single leg 1	3.5 miles easy	3.5 or 40 min cross train + lower body	Rest	5 mile run	25 min run + core
6 3/16 - 3/22	2.5 mile run	7 x 400 5K pace* + lower body	3.5 miles easy	4 or 45 min cross train + single leg 2	Rest	5 mile run	25 min run + mobility
7 3/23 - 3/29	2.5 mile run	25 min tempo + single leg 3	4 miles easy	4 or 45 min cross train + lower body	Rest	5.5 mile run	30 min run + core
8 3/30 - 4/5	3 mile run	8 x 400 5K pace* + lower body	4 miles easy	3/4 or 45 min + single leg 3	Rest	6 mile run	35 min run + mobility
9 4/6 - 4/12	3 mile run	30 min tempo, 4 min recovery pace, 10 min tempo + single leg 2	3 or 4 miles easy	3/4 or 45 min + lower body	Rest	5.5 mile run	30 min run + core
10 4/13 - 4/19	3 mile run	5 x 400 5K pace* + mobility	1-3 miles easy	3 mile run	Rest	Charlotte Racefest!	Celebrate your accomplishment!

* flat 60-120 second recovery between reps
Sundays replace with cross train or day off if needed

Scan QR Code for strength training videos provided by Forward Motion

