



Intermediate (12 week training plan)

(Designed by our Olympian Ambassador, Paul Evans)

The programme consists of 3 running sessions per week and is aimed at runners who can run 10k comfortably.

	Mon	Tues	Wed	Thurs	Fri.	Sat	Sun	Total weekly mileage (roughly)
Wk 1	Rest	3 to 4 mile easy	S&C	4 to 5 mile Easy/steady	Rest	Cross train or 3 to 4 mile easy	6 to 7 mile easy	16 to 20 mile
Wk 2	Rest	3 to 4 mile easy	S&C	40 to 50 min to include: 5 to 6 x 3 min @ 10K effort, 90 sec rest recovery between efforts	Rest	Cross train or 3 to 4 mile easy	7 to 8 mile easy	18 to 22 mile
Wk 3	Rest	3 to 4 mile easy	S&C	40 min to 50 min to include: 4 to 5 x 5 min @ 10k effort, 2 min rest, recovery between efforts	Rest	Cross train or parkrun to include: 1 mile warm up /cool down	7 to 8 mile easy	19 to 23 miles
Wk 4	Rest	4 to 5 mile easy	S&C	50 to 60 min to include: 3 to 4 x 7 min @ 10k RP effort, 90sec rest recovery, between efforts	Rest	Cross train or parkrun to include: 1 mile warm up/cool down	8 to 9 mile easy	23 to 25 miles
Wk 5	Rest	4 to 5 mile easy	S&C	3 to 4 mile easy/steady	Rest	Cross train or Parkrun	8 to 9 mile easy	20 to 23 mile
Wk 6	Rest	40 to 50 min to include: (6 x 8 x 60 sec @ 10K RP, 60 sec slow jog recovery	S&C	30 min easy	Rest	20 min easy	10k race	20 miles
Wk 7	Rest	4 to 5 mile easy/steady	S&C	45 min to 55 min to include: 3 x 10 min @ HMRP (half	Rest	Parkrun or 30 min to 40 min (out & back)	10 to 12 mile easy	25 to 27 miles



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				marathon race pace) 2 min rest recovery between effort		Try and pick up the back section slightly on the way back		
Wk 8	Rest	4 to 5 mile easy	S&C	50 min to 60 min to include: 10 to 12 x 90 sec @ 10k effort, 90 sec rest/recovery between efforts	Rest	Rest or cross/train	10 to 12 mile easy to include; last 2 to 3 mile @ HMRP	20 to 23 miles
Wk 9	Rest	5 to 6 mile easy	S&C	10 to 12 x 60 sec @ 5k effort, 60 sec rest/recovery between efforts	Rest	Cross train or 3 to 4 mile easy/steady	12 to 14 easy	23 to 28 miles
Wk 10	Rest	5 to 6 mile easy	S&C	4 to 5 mile (out & back) Try and pick up the pace slightly on the back section	Rest	Rest or Cross train	12 to 14 to include: last 3 to 4 mile @ HMRP	21 to 25 miles
Wk 11	Rest	4 to 5 mile easy	S&C	4 to 5 mile easy	Rest	Parkrun or 30 to 40 min to include 6 to 8 x 90 sec @ 5k effort, 60 sec slow jog recovery	6 to 8 mile easy	20 to 23 miles
Wk 12	Rest	40 min to 50 min: to include (6 to 8 x 60 sec @ HMRP, 60 sec slow jog recovery		30 min easy	Rest	20 min easy	Race day	

Runners should spend at least 5 to 10 min warming up/cooling down before every run.

Glossary

HMRP – Half marathon race pace

S&C – Strength & Conditions

Cross Training - none running exercises i.e. (Swim, bike, gym)