

Training plans

These training plans will bring you on a progressive path to go from a 5km to a half marathon. **If you are a walker** – you can use the plans as a guide substituting the runs for walks.

Intermediate 10km Plan

Week	Increase Tempo/ progression							Longer Runs on Weekends			Milestones/ Mini Targets
	Builder Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total		
1	1.5km	Rest	2.5km	2.5km	1.5km	Rest	2.5km	3km	11	10km distance covered in week 1	
2	3km	Rest	Do 2km at speed. Record	2km	2km	Rest	4km	3km	14		
3	rest	3km	5km	4km	4km	Rest	6km	Rest	18	Half the distance covered (6km)	
4	4km	Rest	5km	3km	3km	Rest	Run 5km - Park Run	3km walk	20	Do a 5km race (park run)	
5	rest	4km	5km	4km	4km	Rest	7km	3km	23		
6	rest	5km	Do 2km at speed. Record	4km	4km	Rest	5km	5km	21	Half way through the plan	
7	rest	4km	6km	4km	4km	Rest	Run 5km - Park Run	3km walk	22	Do a 5km race (park run)	
8	6km	Rest	6km	Rest	Rest	3km	3km	8km	26		
9	rest	6km	6km	5km	5km	Rest	5km	8km	30	Longest weeks running	
10	rest	5km	Do 2km at speed. Record	5km	5km	Rest	9km	Rest	21	Longest long run 9km	
11	rest	5km	Rest	5km	5km	Rest	5km	9km	24		
12	rest	5km	3km walk	Rest	Rest	3km	rest	10km	18	Finished. Celebrate!	

If you work weekends - you will need to alter the days to suit your timetable.
*Make sure you get your long runs/ walks completed as much as possible.

Target Race _____ Target finishing time _____

Race date & location _____ Notes on race _____

Have you entered ? Y/N _____

Suggested Race

