

Intermediate 5K AND 10K TRAINING

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Off	3km warm/2km cooldown 2 sets of 400m/400m/1km . 2 min. rest breaks.	Cross-training OR 8km easy racewalk	3km warm/2km cooldown 5 x 1km. 2 min. rest breaks	Cross-training OR 8km easy racewalk	10km easy racewalk	10km easy racewalk
2	Off	3km warm/2km cooldown 2 sets of 1km/400m/400. 2 min. rest breaks	Cross-training OR 8km easy racewalk	3km warm/2km cooldown 500m fast/500m slower - 5 sets. (no rest between sets).	Cross-training OR 8km easy racewalk	10km easy racewalk	10km easy racewalk
3	Off	3km warm/2km cooldown 8 x 400m fast. 2 min. rest break	Cross-training OR 8km easy racewalk	3km warm/2km cooldown 6 x 1km at 10km pace. 2 min. rest breaks	Cross-training OR 8km easy racewalk	12km easy racewalk	10km easy racewalk
4	Off	3km warm/2km cooldown 3 sets of 400m/400m/1km . 2 min. rest breaks.	Cross-training OR 8km easy racewalk	3km warm/2km cooldown 4 x 400m fast + 4 x 1km med. Fast. 2 min. rest breaks	Cross-training OR 8km easy racewalk	12km easy racewalk	10km easy racewalk
5	Off	3km warm/2km cooldown 500m fast/500m slower - 5 sets. (no rest between sets).	Cross-training OR 8km easy racewalk	3km warm/2km cooldown 6 x 1km at 10km pace. 2 min. rest breaks	Cross-training OR 10km easy racewalk	14km easy racewalk	10km easy racewalk
6	Off	3km warm/2km cooldown 6 x 1km at 10km pace. 2 min. rest breaks	Cross-training OR 8km easy racewalk	3km warm/2km cooldown 10 x 400m fast. 2 min. rest breaks	Cross-training OR 10km easy racewalk	15km easy racewalk	10km easy racewalk
7	Off	3km warm/2km cooldown 500m fast/500m slower - 6 sets. (no rest between sets).	Cross-training OR 10km easy racewalk	3km warm/2km cooldown 10 x 400m fast. 60 seconds rest breaks	Cross-training OR 10km easy racewalk	15km easy racewalk	10km easy racewalk
				SEE PAGE TWO			
8	Off	3km warm/2km cooldown 6 x 1km at 10km pace. 2 min. rest breaks	Cross-training OR 10km easy racewalk	3km warm/2km cooldown 10 x 400m fast. 2 min. rest breaks	3km warm/2km cool 5km at 10km race pace	15km easy racewalk	10km easy racewalk
9	Off	3km warm/2km cooldown 6 x 1km at 10km pace. 2 min. rest breaks	Cross-training OR 10km easy racewalk	3km warm/2km cooldown 3sets of 1km/400m/400m. 2 min. rest breaks	Cross-training OR 10km easy racewalk	12km easy racewalk	10km easy racewalk
10	Off	3km warm/2km cooldown 5 x 1km at 10km pace. 2 min. rest breaks	Cross-training OR 8km easy racewalk	3km warm/2km cooldown 3 x 400m fast + 3 x 1km at 10k pace. 2 min. rest breaks	8km easy racewalk	25 minute easy Pre.race warm-up plus 2 x 1km at race pace.	You are now ready for your first Race or Time Trail