



12 week **Intermediate**
10k Training Calendar

Program Start – _____

Peak Event Date – _____

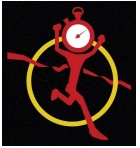
GOAL – _____

TRAINING CALENDAR LEGEND

-  - Colour signifies easy day/effort
-  - Colour signifies harder intensity day/effort
- R - Rest day
- XT - Cross train – bike, swim, squash, etc.

*All training efforts are shown in **miles**

**ON _____, I WILL
RUN A 10k IN _____**



Week #1

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 6 x 800 m 2:30 min. jog/walk between each repeat	4	5 Accelerations	R	8 *1:30 to 2:00 minutes/mile slower than projected 10 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

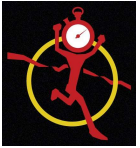
**ON _____, I WILL
RUN A 10k IN _____**



Week #2

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5	6	5 Tempo run -2 mile warm up -2 miles @ Lactate Balance Heart rate 1 mile cool down	R	9 *1:30 to 2:00 minutes/mile slower than projected 10 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON _____, I WILL
RUN A 10k IN _____**



Week #3

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 -3 x 1 km repeats 5 seconds faster than project 5k pace -2:30 min. to 3:00 jog/walk between each repeat	5	6	R	10 *1:30 to 2:00 minutes/mile slower than projected 10 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

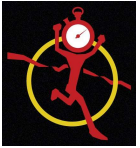
**ON _____, I WILL
RUN A 10k IN _____**



Week #4

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 Hills -2 mile warm up 8 x medium sized hill (1 to 2 minute climb) -Recovery walk down hill	4	5	R	7 *1:30 to 2:00 minutes/mile slower than projected 10 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

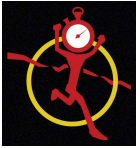
**ON _____, I WILL
RUN A 10k IN _____**



Week #5

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	4	5	6 Tempo run -2 mile warm up -3 miles @ Lactate Balance Heart rate 1 mile cool down	R	11 *1:30 to 2:00 minutes/mile slower than projected 10 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

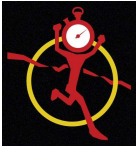
**ON _____, I WILL
RUN A 10k IN _____**



Week # 6

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 10+ x 400 m 2:00 min. jog/walk between each repeat	6	8	3	12 *1:30 to 2:00 minutes/mile slower than projected 10 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

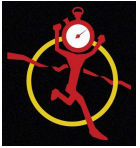
**ON _____, I WILL
RUN A 10k IN _____**



Week # 7

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	8	3	6 Hills -2 mile warm up 8 x medium sized hill (1 to 2 minute climb) -Recovery walk down hill	R	13 *1:30 to 2:00 minutes/mile slower than projected 10 k race pace Last mile at projected 10 k pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

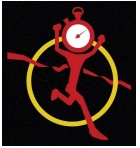
**ON _____, I WILL
RUN A 10k IN _____**



Week # 8

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5	5	7	R	10	R XT
	<p>-3 x 1 km repeats 5 seconds faster than project 5k pace -2:30 min. to 3:00 jog/walk between each repeat</p>		<p>Tempo run -2 mile warm up -4 miles @ Lactate Balance Heart rate 1 mile cool down</p>		<p>*1:30 to 2:00 minutes/mile slower than projected 10 k race pace</p>	
<p>Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:</p>	<p>Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:</p>	<p>Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:</p>	<p>Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:</p>	<p>Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:</p>	<p>Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:</p>	<p>Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:</p>

**ON _____, I WILL
RUN A 10k IN _____**



Week # 9

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 6 x 800 m 2:30 min. jog/walk between each repeat	6	9	R	13 *1:30 to 2:00 minutes/mile slower than projected 10 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

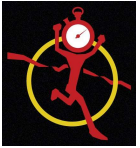
**ON _____, I WILL
RUN A 10k IN _____**



Week # 10

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 10+ x 400 m 2:00 min. jog/walk between each repeat	9	7 Tempo run -2 mile warm up -4 miles @ Lactate Balance Heart rate 1 mile cool down	3	14 *1:30 to 2:00 minutes/mile slower than projected 10 k race pace Last mile at projected 10 k pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON _____, I WILL
RUN A 10k IN _____**



Week #11

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 Z1 -2 x 1 mile repeats At projected 5k pace or 5 seconds per mile faster -3:00 jog/walk between each repeat	5	4 Accelerations	3	9 *1:30 to 2:00 minutes/mile slower than projected 10 k race pace	R XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON _____ , I WILL
RUN A 10k IN _____**



Week #12

Mon	Tue	Wed	Thu	Fri	Sat	Sun
R	5 2 x 1 mile @ projected 10k pace Continuous - no break in between each repeat	5	4	R	R	10k RUN!
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	RESULTS: Time: _____ Comments: _____