

Hal Higdon's 10 K Training Program

10-K Training: Intermediate							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3m run + strength	3 m run	35 min tempo run	3 m run + strength	Rest	60 min cross	4 m run
2	3m run + strength	3.5 m run	8 x 400 5-K pace	4 m run + strength	Rest	60 min cross	5 m run
3	3m run + strength	4 m run	40 min tempo run	3 m run + strength	Rest	60 min cross	6 m run
4	3m run + strength	4.5 m run	9 x 400 5-K pace	4 m run + strength	Rest	Rest	5-K Race
5	3m run + strength	5 m run	45 min tempo run	3 m run + strength	Rest	60 min cross	6 m run
6	3m run + strength	5.5 m run	10 x 400 5-K pace	4 m run + strength	Rest	60 min cross	7 m run
7	3m run + strength	6 m run	50 min tempo run	4 m run + strength	Rest	60 min cross	8 m run
8	3m run + strength	3 m run	5 x 400 5-K pace	1- 3 m run	Rest	Rest	10-K Race